



Lifestyle as Medicine Programme:

Minimise Harm

www.HAYCambsPboro.co.uk/LAMP/harm

We all lean on some behaviours that are less positive. Understanding how sleep, movement, nutrition, stress and connection relate to one another can give us better coping strategies.



#LAMPLightbulbMoments

Starting Point

We all have things that we do that are not healthy. We tend to do them more when we are tired, stressed or unhappy. They can be addictive behaviours or unhelpful habits. They are different for all of us.



Do you have behaviours that feel unhealthy or harmful? Use the handout to reflect.

Proof

What does research tell us about overcoming harmful behaviours? Studies suggest a need to focus on self-compassion and on our connectedness.

Meet the experts on the LAMP webpage.

Actionable Ideas

What ideas can we try to help us minimise harmful behaviours? This link has some suggestions.



We can think about:

- ways to motivate to minimise harm
- ways to deal with craving
- ways to break the habit
- ways to treat yourself kindly

Relate



Minimising harmful behaviours can help us unwind and sleep more easily



Minimising unhelpful coping strategies can make physical activity feel easier



Minimising harmful habits can allow us to find pleasure in eating well



Minimising unhelpful coping strategies can lower stress responses in the body



Minimising harmful influences can improve our sense of belonging

Knowledge Library

There are more links you might like to explore on the LAMP webpage.

Self-Reflection

What do you notice when you minimise harmful behaviours? What helps you minimise harmful behaviours?

You might find it helps to keep a note of the things that support you to minimise harm, so you can refer back any time you need.