

# Self-Control Exercises Handout

## Temptation bundling

Temptation bundling can support those who are trying to incorporate healthy habits to their daily routine. It helps to choose something you might be struggling with and pairing that with something you know you enjoy. Here are some ideas:

- Exercise with entertainment (Gym and watching a TV show)
- Healthy snack with a book
- Doing household chores while listening to music
- Completing academic tasks with a reward like coffee

The great thing about temptation building is that it can serve as a motivation to get the job done. It's also completely customizable.



## Mindful breathing

Mindful breathing can support you in the heat of the moment. Here are some breathing exercises you may wish to incorporate into your daily routine to support self control:

- Box breathing
- Deep belly breathing
- Counting breaths to 10 before acting
- 5-7-8 breathing

## Delayed gratification

Delayed gratification can take a lot of self control. You may wish to develop this skill over time and start with goals you know are small and easy to incorporate into your routine. Here are some other ideas when you become more comfortable with this exercise:

- Monetary savings challenges
- Meal prepping
- Utilizing the 30-day rule
- Focusing on long term goals
- Mindfulness practices

A good way to determine what goals you choose for this exercise is the ones you feel comfortable with. You may notice that you have a hard time saying no to your friends - this might be the one you wish to focus on.



## Habit stacking

Focusing on incorporating new habits to your existing habits can support your self control journey. Here are some ideas you may use:

- Doing a 5 minute meditation routine after brushing teeth
- Doing a 5 minute stretch routine after dinner
- Reading a chapter of a book when getting into bed
- After finishing a cup of coffee, have a glass of water
- After finishing lunch, write down 3 things that bring you happiness



## Journaling

Journaling can bring a moment of peace to the end of the day, or when you choose to implement this activity. Here are a few ideas on what you might want to write about:

- A daily reflection
- Goal setting and reflection on previous goals
- A mindfulness check-in
- Lessons and challenges
- Online prompts about self control

The great thing about journaling is that you can choose how much or how little you write. You may wish to spend only 5 minutes creating an entry, or you may wish to spend 30 minutes writing.



## Additional notes