

HEALTHY MIND WILLPOWER TIPS

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WILLPOWER

Willpower is a greater predictor of success than intelligence or experience.

Sufficient willpower is associated with greater happiness, improved health and more satisfying relationships.

YOUR WILLPOWER CENTER IS IN YOUR BRAIN

Because your brain changes based on the way you use it, it is possible to use your brain in ways that strengthen your Willpower.

Think of your Willpower Center like a muscle that gets stronger with use.



LOW STAKES PRACTICE

The next time you open a door, or brush your teeth or hair, try using your nondominant hand.

OR

Wait ten minutes before giving in to an impulse.

The key is to practice overriding a habitual way of doing something and exert deliberate control over your actions.



STRENGTHEN YOUR WILLPOWER CENTER

Slowing down your breathing for ten minutes a day has been shown to improve heart rate variability, and strengthen your vagal tone both of which enhance the willpower center of your brain. For example try this breathing exercise: [Syncing breath with ticking clock](#)

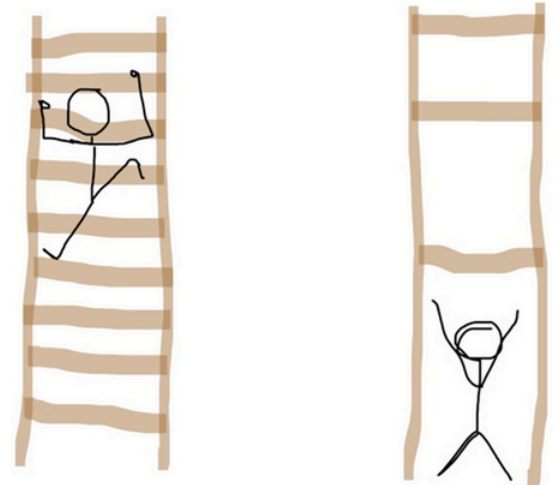


Mindfulness in general strengthens the willpower center of the brain. If you are uncomfortable or intimidated by the idea of Mindfulness, watch this [Real Life Mindfulness](#) Video to learn very simple ways you can practice with everyday activities.

CHOOSE MANAGEABLE GOALS

Start small to win big.

Wording of your goal is important, for example instead of “I will not scroll work emails when I am home”, try this, “The moment I notice I am scrolling, I will practice stopping and focusing on self care instead.”



BE KIND TO YOURSELF

If you are exhausted or depleted, try doing something that nourishes and restores you as a first step. A depleted brain switches to survival mode and your willpower center goes off line. Kindly attending to your own needs also nourishes your willpower.

Remember Shame is not a motivator and set backs are a natural and normal part of any successful journey.

[Try this Compassion Practice for Care Givers](#)



CONNECT WITH SUPPORT

People who participate in a Wellness Pod are 500% more likely to successfully create and sustain healthy new habits.

The goal is to listen, encourage and support rather than give advice.

Decide together when and how often to connect.

Share and savor your successes with each other.



Encouragement, support, and
compassion nourish
WILLPOWER!

RESOURCES

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annadelong.com

- HWP
- Center for Healthy Minds app
- Self Compassion
- Are you being screen sucked?
- Anti-Social blocks you out of over 50 sites for the time period you specify.
- Anti-procrastinate apps
- Freedom blocks you out of websites for a period you specify.
- Apps to help you focus and block distractions
- Every dollar budget app from Dave Ramsey.