

Creating the Conditions for Better Health Choices

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🌱 March often arrives with mixed energy. The brightness of the New Year has faded, the weather is unpredictable, and many people find their motivation dipping 🌱



It's common to feel as though healthy intentions are harder to stick to at this time of year.

*Rather than pushing ourselves to "try harder," it can help to pause and ask a different question:
Have I created the right conditions to make good choices?*

Health habits rarely succeed through willpower alone. They are far more likely to stick when our daily environment and routines support them.



Why Willpower Isn't Always Reliable



DID YOU KNOW?

Most of us have experienced days where we start with good intentions but end up making quick or convenient choices instead. This isn't a personal failing; it's how human decision-making works under pressure.

WHEN WE ARE TIRED, STRESSED, OR RUSHED:

- Our focus narrows to immediate needs.
- Convenience becomes more appealing.
- Long-term goals feel less urgent.
- Decision fatigue sets in more quickly.

**In these moments, expecting perfect choices is unrealistic.
What helps more is reducing the number of decisions we need to make in the first place.**



What "Feeling Settled" Looks Like

(IN EVERYDAY LIFE)

You don't need a perfect routine to support your health. Small elements of predictability can make a meaningful difference. Feeling settled simply means having a few steady points in your day that reduce mental load and create space to think clearly.



Examples might include:

- Eating meals at roughly similar times each day.
- Knowing when your break or lunch period will be.
- Keeping foods available that you genuinely enjoy and find satisfying.
- Getting enough rest where possible.
- Having a workspace or home environment that feels organised enough to function comfortably.

These aren't strict rules, they are gentle structures. Even one or two consistent anchors can make healthy choices feel easier rather than forced.



SMALL STABILISING ACTIONS THAT ADD UP



Health improvements don't need to be dramatic. Often, it's the smallest adjustments that have the biggest long-term impact.

Consider choosing one or two of the following:

- Regular meals or snacks: Eating every 3-4 hours can help maintain energy and reduce impulsive choices later in the day.
- Accessible hydration: Keeping a water bottle nearby encourages regular drinking without needing to remember.
- Simple food planning: Preparing or deciding just one predictable meal each day can reduce stress without requiring a full weekly plan.
- Short movement breaks: A 5-10 minute walk or stretch can refresh concentration more realistically than committing to long exercise sessions.
- Visible cues: Placing fruit, snacks, or a water bottle where you can see them can gently prompt healthier decisions.

These actions work because they lower effort, not because they demand more discipline

A Gentle Reset for the Season

MARCH CAN BE A GOOD TIME FOR A QUIET RESET

As the days begin to lengthen, March can be a good time for a quiet reset - not a complete overhaul, but a return to simple, steady habits. Health doesn't have to start with dramatic change or strict rules. More often, it begins with creating a supportive base: regular meals, predictable routines, and small consistent actions.



When our days feel a little more settled, healthier choices tend to follow naturally.