

# SELF CONTROL

VERSUS

## NO SELF CONTROL

---

KEY POINTS FROM KELLY MCGONIGAL'S  
BOOK, THE WILL POWER INSTINCT

Most of the time, we don't even realise we are making a choice. Most of our decisions in the day are made on auto-pilot.

### MORE SELF-CONTROL

Self-control needs lots of energy. Self-control is highest in the morning and worse over the course of the day. When tired, self-control is the first to go.

Good quality sleep helps you control your emotions, attention and find energy to tackle self-control.

15 minutes on a treadmill reduces cravings.

### LESS SELF-CONTROL

Stress, Anxiety, Anger, Depression and Isolation are all associated with less self-control.

Being mildly but chronically sleep deprived makes you susceptible to stress, cravings and temptation

Chronic Pain and Illness lowers self-control.

# SELF CONTROL

VERSUS

## NO SELF CONTROL

---

KEY POINTS FROM KELLY MCGONIGAL'S  
THE WILL POWER INSTINCT

The front part of our brain has 3 different regions for decision making: I Will, I Won't and I Want. I will helps you start and stick to a task. I won't holds you back from every impulse and I want keeps tracks of your goals.

One study found a daily 20 minute practise of meditation reduced cravings.

Self-control is like a muscle. Exercise your self-control by practising self-control.

Create some physical distance e.g. store sugary foods out of sight . Even waiting 10 minutes before acting on the impulse can help.

It has been shown that people who are distracted are more likely to give in to temptation.

Research has shown that stress shifts the brain into reward-seeking state.

It is the promise of a reward or happiness that keeps you hunting, gathering and working, not the reward itself.