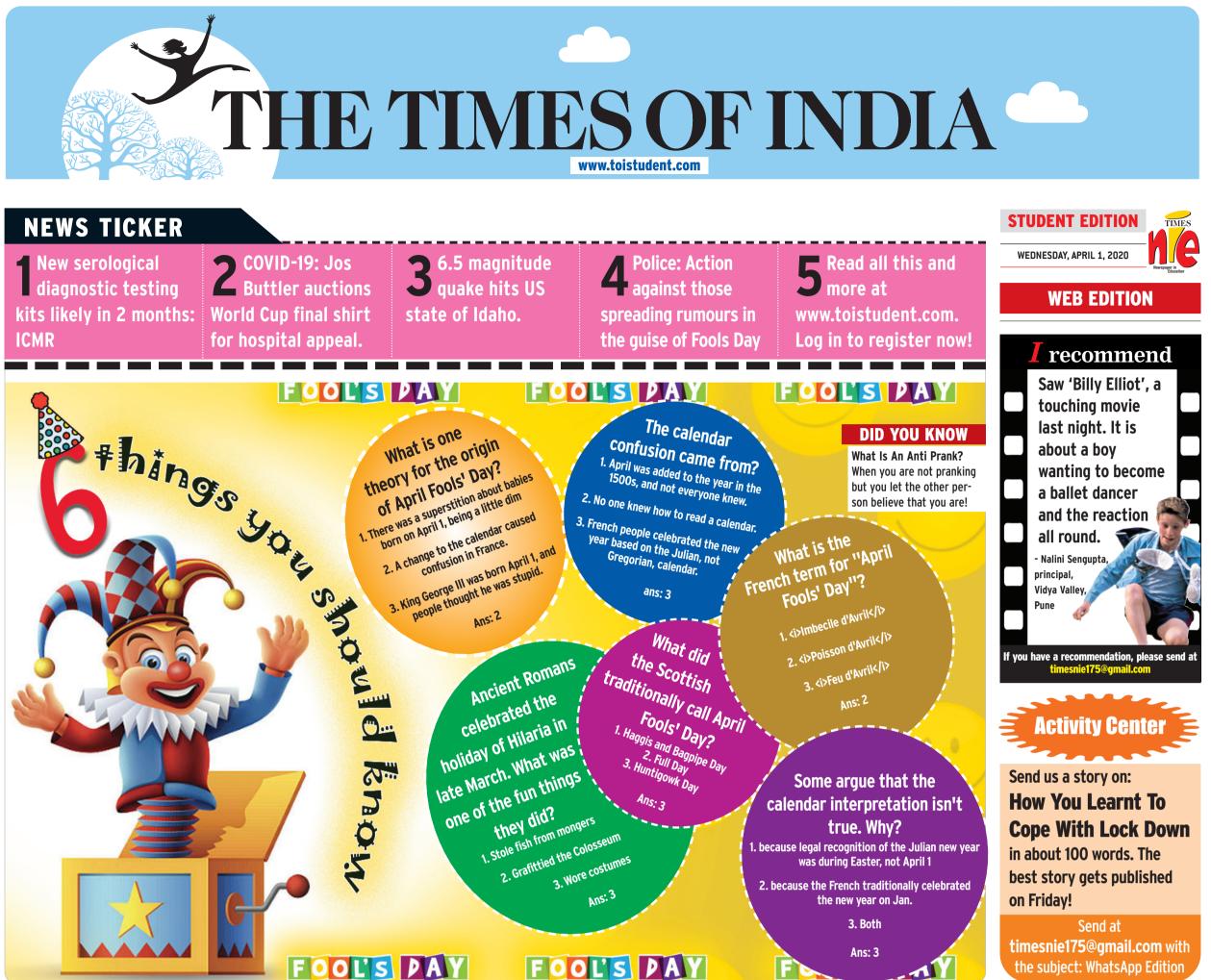
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How to build **Healthy Habits**

Here are some tips, backed by research, for forming new healthy habits.

STACK YOUR HABITS

The best way to form a new habit is to tie it to an existing habit, experts say. Look for pat-We're terns in your day

all creatures of habit. We tend to wake up at the same time each day, brush our teeth, have morning

breakfast and commute to school, following the same patterns every day. So why is it so hard to form new healthy habits?

Behavioural scientists who study habit formation say that many of us try to create healthy habits the wrong way. We make bold resolutions to start exercising or lose weight, for example, without taking the steps

needed to set ourselves up for success.

and think about how you can use existing habits to create new, positive ones.

START SMALL

BJ Fogg, a Stanford University researcher and the author of the book 'Tiny Habits,' notes that big behaviour changes require a high level of motivation that often can't be sustained. He suggests starting with tiny habits to make the new habit as easy as possible in the beginning. Taking a daily short walk, for example, could be the beginning of an exercise habit. Or, putting an apple in your bag every day could lead to better eating habits.

DO IT EVERY DAY

British researchers studied how people form habits in the real world, asking participants to



choose a simple habit they wanted to form, like drinking water at lunch or taking a walk before dinner. The lesson is that habits take a long time to create, but they form faster when we do them more often, so start with something reasonable that is really easy to do.

MAKE IT EASY

Habit researchers know we are more likely to form new habits when we clear away the obstacles that stand in our way. Packing your gym bag and leaving it by the door is

one example of this. Wendy Wood, a research psychologist at the University of

ing in her running clothes to make it easier to roll out of bed in the morning, slip on her running shoes and run. Choosing an exercise that doesn't require you to leave the house - like situps or jumping jacks - is another way to form an easy exercise habit.

said she began sleep-

QUIZ TIME PLANETS

Q.1) ____'s craters are named after famous artists,

A. Venus B. Mercury

C. Neptune D. Jupiter

us from meteoroids and

radiation from the Sun.

A. Atmosphere B. Water

C. Forests D. Moon

musicians and authors. other planet. A. Earth B. Jupiter A. Mars B. Moon

C. Mercury D. Moon C. Venus D. Pluto Q.2) is the hottest Q.5) ____ has more moons planet in the solar system.

than any other planet in the Solar System. A. Saturn B. Mercury

Q.3) Earth's ____ protects C. Neptune D. Jupiter



Q.4) There have been more missions to than any

A N S W E R S

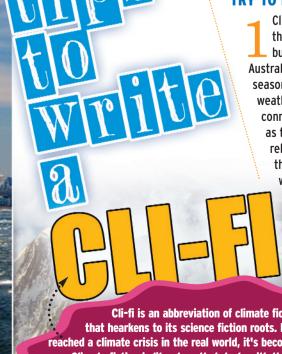
1. C) Mercury 2. A) Venus 3. A) Atmosphere 4. A) Mars 5. A) Saturn

What's Your Take On It? Send us your response at il.com and get featured on this whatsapp edition

GO FIGURE

Place the four numbers in the first, third, fifth, and seventh boxes and whichever operators you want to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

The operators:	
÷ x + -	
EASY 1	7
2 3 5 7	
MEDIUM EDIUM	
2 3 5 6	
HARD	5
2 2 6 8	
SOLUTIONS: Easy 2 + 7 + 5 + 3 = 1	7
Medium 2 x 5 + 3 - 6 = 7	
Hard 8 + 6 - 2 / 2 = 6	



Here are some tips on how to write a good climate fiction:

TRY TO FIND AN EMOTIONAL CONNECTION

Climate change might sound like numbers on a thermometer, hard to feel emotional about, but it affects us all. From the terrifying fires in Australia to the cherry blossoms blooming out of season in Japan one year due to the unseasonable weather, there are examples worldwide. Making a connection that readers can empathise with so as to make the story feel more meaningful and relevant. For an example closer to home think of the very cold winter North India just went through or predict how early rains will affect crop yield and thus the lives of farmers.

RESEARCH CLIMATE CHANGE SCIENTIFICALLY

credible sources one has to explore.

good research can achieve that.

The best stories are realistic and only

CONTROL 3 Many technologies There are many great sources online that show how have been proposed on humans have affected climate controlling the weather. This can add all and how climate change has affectsorts of governmental ed the planet. Many scientists and military angles to explain how it will adversely affect the future as well and these are the the plot of the story.

> Read more on www.toistudent.com

LOOK UP CLIMATE

Cli-fi is an abbreviation of climate fiction, one that hearkens to its science fiction roots. But as we have reached a climate crisis in the real world, it's become an equally relevant genre. Climate fiction is literature that deals with the changes in climate and global warming. It's almost as old as science fiction, though as more light is shed on the real world climate crisis, the stories have grown to be more apocalyptic or dystopian in theme

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