How flexible are you? - Get Tips for being flexible from Robbie Deans by Thompsonnutrition

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Flexibility is just as important in your behavior as it is for your joints â€“ especially if youâ€™re trying to develop better habits. If unexpected events have thrown you off course, donâ€™t lose motivation. Instead, use these tips from international rugby coach and Thompsonâ€™s brand ambassador Robbie Deans to get back on track and prevent things having the same impact next time.

One of the keys to implementing change is to determine how and when your new behaviors are going to occur, and then stick to the plan youâ€™ve developed. But whether itâ€™s an emotional setback that has you reaching for the chocolate or a late running meeting at work that gives you an excuse to skip the gym, how do you cope when the plan goes awry?

Unfortunately, many people exacerbate what could have been a minor hiccup by taking a backwards step. If youâ€™ve ever caught yourself saying â€œWell, Iâ€™ve broken my diet now by eating biscuit, so I may as well have another one (or two or three),â€• then youâ€™ll know exactly how this feels!

If this has happened to you, donâ€™t beat yourself up about it. Instead, take some time to work out what happened to trigger the incident, and how you can respond better to it next time.

Robbie Deans compares it to a game of rugby, saying, â€œOn the football field, a tackle could come out of nowhere at any time. But a point-scoring opportunity could too. The skilled player is the one who can respond to every situation and recover quickly when things donâ€™t go the way theyâ€™d like. Life is unpredictable, so one of our goals in training is to improve resilience and adaptability.â€•

The secret to successful change is implementing a structured plan, but one that also incorporates flexibility. What types of scenarios are most likely to interrupt your routine? If you have a plan in place for coping with the various scenarios that tend to pop up in your life before they happen, youâ€™ll be much more likely to respond effectively.

Here are some examples of helpful strategies to get you thinking â€“ notice that the situations theyâ€™re based on could be emotional, physical, time-based, or social in origin:

Any time I get caught up in a meeting at work and miss my yoga class, Iâ€™ll put my mat down on the lounge room floor and do some at home.

I always smoke when my girlfriend and I sit in the beer garden at the pub, so next time we go, Iâ€™ll suggest we sit inside, or maybe weâ€™ll go to a restaurant for dinner instead.

I donâ€™t want to seem like a spoilsport and say no to birthday cake at parties, so Iâ€™ll always ask my partner to go halves with me â€“ that way Iâ€™ll have a taste, without undoing all my hard work.

When Iâ€™m tired or stressed I find it hard to get motivated to cook, and often end up having takeaway. From now on though, instead of having fish and chips every time, Iâ€™m switching to sushi. Itâ€™s just as quick and easy, and Iâ€™ll feel better afterwards for not eating all that grease.

You may need a handful of strategies at your disposal, and the ones you come up with at first might need tweaking a few times before they really work for you. Keep an eye on whatâ€™s helpful and what isnâ€™t, and adapt your strategy over time. After all, thatâ€™s what flexibility is all about!.

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