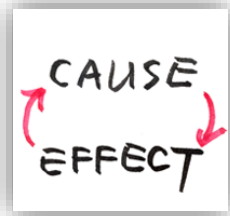


My Health Behaviours

Cause & Effect: Unlocking the Answers



Sometimes we unknowingly mix up cause with effect. For example, perhaps you identify a **lack of energy** as the reason (**cause**) that you **don't go to the gym** (**effect**). Your lack of energy is the reason you identify for not being physically active. In reality, **not working out** (**cause**) could be the reason for **feeling lethargic** (**effect**). Research shows that as little as 20 minutes of exercise three times a week improves feelings of fatigue.

Get to know yourself a bit better by using this worksheet – you might find some surprising answers! An example is provided to give you an idea of how to get started.



Steps:

- 1) In the Cause column, list how you are feeling that you find problematic. (what you *don't* want)
- 2) In the effect column, list what you see as the cause of why you feel/act this way.
- 3) Make the switch! See if it makes sense for you.

Cause The reason I...	Effect Is because...
<i>I don't exercise</i>	<i>I'm tired all the time.</i>
<i>I eat a lot of sugar and make poor food choices</i>	<i>I feel depressed.</i>

Cause The reason I...	Effect Is because...
<i>I'm tired all of the time</i>	<i>I don't exercise.</i>
<i>I feel depressed.</i>	<i>I eat a lot of sugar and make poor food choices (which is adding to my depression.)</i>

Source: <http://www.cbc.ca/news/technology/low-intensity-exercise-can-boost-energy-curb-fatigue-study-1.714677>