

# 27. Finding Flow



## Get into the zone

### DOING

#### DURATION

10 minutes

#### FREQUENCY

1x/day

#### DIFFICULTY

Easy

#### EVIDENCE QUALITY

★★★★

+ WELLBEING

+ RESILIENCE

+ MOOD

+ ANXIETY

+ STRESS

### What it is?

- 'Flow' is a psychological state when you're so engaged in a task that you lose track of time and you forget about the outside world.
- It's the moment when an activity is the perfect balance of challenging enough that you are completely absorbed in it, without being so challenging that you need to stop and have a break.

### What can I use it for?

- When you're in a state of flow, you are completely focused on the task at hand, forget about yourself and the world around you, feel happy and in control, and become creative and productive.

### How to do it?

1. Find an activity that you love doing and that is important to you.
2. Make sure it's challenging, but it can't be so difficult that you get discouraged and want to give up.
3. Find a moment in the day that is quiet and that you aren't likely to be disturbed.
4. Remove distractions around you that will get in the way of staying in flow.

### Anything to consider before I start?

- Have fun and practice! It can take some trial and error to find an activity that helps you find a state of flow. Example activities include reading, practicing a musical instrument, gardening, studying, doing a hobby, cooking, exercising or playing sport, even playing video games.

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*Get into the zone*

How will you practice this activity?

When do you think you would like to practice this activity?

How will you celebrate the fact that you've practiced?

It might be helpful to write a habit statement, wrapping up the above sections into one sentence. Do this in the box below.

### MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?



DOING

