

# Lane Cove Chiropractic January Newsletter 2020



## Can't stick to your new years resolution? Here's how...

It's a new year and many of us make resolutions or take stock and set goals for the coming year. The problem is, most of us fail to stick to the resolutions we make. It's just a few weeks into the new year and I'm betting some of us have already broken those resolutions.

Why is that?

One reason is we don't care about 'Future You'. Wait, what... Future You? Have you ever said to

yourself 'That's a future me problem'?

It's a common thing we all do. We tend to always care less about future you than the current you, which can lead to negative consequences.

This is a problem that affects everyone. For example, it is why 13% of Australians still smoke, as the health consequences are a problem for tomorrow. Also, the World Health Organisation tells us that most of the major diseases causing death and chronic ill health are preventable. The reality is that if the risk factors were eliminated at least 80% of all heart disease, stroke and type 2 diabetes would be prevented and over 40% of cancer would be prevented. And what are those risk factors- lack of exercise, poor diet, obesity, smoking- all lifestyle choices. If you had an 80% chance of lowering your risk of heart disease, stroke and type 2 diabetes and a 40% chance of lowering your cancer risk you'd jump at it, right?

Problem is most of us don't, because we see choosing the healthy salad instead of the delicious dessert or starting a regular exercise program over a sleep in, as a 'Future You' problem.

But why don't we care about future us?

The most famous case is the **Marshmallow Experiment**.

In it researchers gave some children marshmallows. The choice was simple: they could eat 1 marshmallow right now or 2 later. They had the option to eat one treat right away or wait 15 minutes till the researcher came back to the room and then they'd get double the marshmallows.

Only a few kids managed to wait until the researcher came back to get the 2 treat reward.

Researchers have since tried to uncover the reasons why we care less about the future you vs the present you.

### **1. You see the future you as a foreign person.**

Several studies have shown that we often treat our future selves like complete strangers. This is the main reason you can't choose the healthy salad despite promising yourself to be on a diet this week or why once the pain of

an ache or injury has subsided you do nothing to prevent it's return in the future.

## 2. Our brains are hardwired to not think about our future you.

Studies have found that thinking about your current self-triggers different brain regions than when thinking about your future self. Thinking about future you actually activate the same areas of the brain as when we think about *OTHER* people. This means your brain transmits present and future consequences to different parts of your brain. While you may know the benefits of helping future you now, you are unlikely to feel it.

One way to train yourself in changing this is by linking present goals with future ones. For example, by seeing your short-term goal of getting your back pain sorted linked with being better able to do more of something you love, like being better at golf or having more energy to play with your kids. This will allow you to better link and recognise your present self with your future consequences and rewards.

## 3. We prefer definite over indefinite options.

Is there a guarantee there's really going to be double the number of marshmallows if we wait? Earlier studies showed there are many situations in which children can't be certain that they would receive the delayed outcome. However, as we develop into adults this is a thinking pattern, we can learn to be aware of. Think in certainty. For example, once your health problem or pain has gone it can feel indefinite that the problem will return at some future time, it is certain that continuing to look after your health and wellbeing now will give your future self the best possible chance of being healthy and pain free.

By being self-aware of how you can be proactive and help future you, this will mean a better outcome for both of yourselves today and tomorrow.

## Are your kids practicing these healthy habits in school?

Australian school kids can spend up to eight hours a day in school and at the end of January, millions will pack their bags, polish their shoes and head back into the classroom for the year ahead. To get the most out of their school day, it's important for kids to practise healthy habits to keep their mind active and their bodies moving.

Kids don't often think about the impact that common activities like sitting in a classroom, carrying a heavy bag and excessive screen time, can have on their overall health and wellbeing. Mark and Julie would like your kids to start practising positive spinal health habits all year round.

Kids spend the majority of their day at school, so we need to help them learn to make the right decisions about their health and wellbeing.

This January we are recommending practical and useful tips for kids and their parents to remember when heading into the year ahead and we hope they will practise all year round.

These tips include carrying a backpack correctly with both straps, sitting correctly in school with their shoulders back and relaxed, and eating a balanced diet. We also recommend kids stay hydrated throughout the day and get at least 60 minutes of physical activity daily.



Another big part of learning these days is from computers and screens, so monitoring children's recreational screen time and potentially reducing it to two hours a day can help with the effects that screen use has on a child's developing spine and overall wellbeing.

As part of the Australian Chiropractors Association's Back to School public health campaign **Lane Cove Chiropractic** is encouraging our community to start practising these healthy habits in school and at home.

Chiropractors are well placed to assess and manage disorders of the musculoskeletal system and offer solutions and advice regarding your existing spinal health issues or how to improve overall health and wellbeing.

To find out more about how to practise these healthy habits, visit [backtoschool.org.au](http://backtoschool.org.au) or book an appointment with **us for a free "Back to School Spinal Health Check"**.

**Call 94284033 for an appointment**

**Or visit our website [lanecovechiropracticcentre.com.au](http://lanecovechiropracticcentre.com.au)**

### [I love a sunburnt country...](#)

One of our practice members brought this poem in to us and we wanted to share it with everyone. It is written by Troy Gerdes, Troy is a farmer and member of the Rural Fire Service, and so the poem he wrote conveys the deep emotion and suffering that many Australians are experiencing during this difficult time.

*I love a sunburnt country, a land of sweeping plains,  
But I've gotta tell ya mate, I like it better when it rains.  
The countryside is dying and there's no end in sight,  
And just to rub salt in the wounds, the bush has caught alight.  
The landscape is on fire from Brisbane to the Gong,  
And everybody's asking "where the hell did we go wrong?"  
But we can get through this one if we help each other out,  
Take care of your neighbour, that's what Aussies are about.  
The rain is going to fall again, the good times will return,  
But living in Australian means at times it's going to burn.  
So if you need a helping hand, just give a mate a call,  
We're all here to help you out and catch you when you fall.  
The RFS, the SES, the Fireies and Police,  
All put their lives upon the line to help to keep the peace.  
So hats off to these heroes and thanks for all you do,  
And I hope that when this is over we can make it up to you!*

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