

# Take small steps towards positive change

The New Year is now well underway and as spring approaches, your resolutions for 2025 may be a dim and distant memory!

Perhaps your experience with past failures or a belief

that things won't improve means that you didn't bother to make any at all? We all find comfort in the familiar, whether those routines and practices are good for us or not, so it is often easiest for us to stick with what we know. Change, in all and every aspect of life, is not easy. This also applies when it comes to improving our health and wellbeing.

You might have heard that it takes three weeks for a habit to stick, however, it has been proven that this is not really the case<sup>1</sup>. People learn at different speeds and the type of change you are making can take more or less time to become part of your routine depending on what the change is. For example, drinking an extra glass of water each day is a small change that would take less time to become routine, than say, regular trips to the gym. Incorporating a new habit

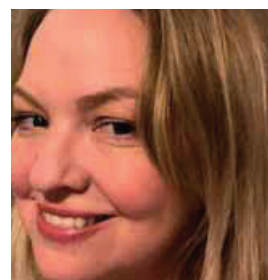
This issue is dedicated to helping you to making some small changes to your existing compression routine that might just help to a make a big improvement to your health and wellbeing.

into an existing pattern of behaviour is also more likely to be successful. For example, if you drink that glass of water every time you fill your kettle, or eat a meal<sup>1</sup>.

This issue is dedicated to helping you to making some small changes to your existing

compression routine, that may just help to make a big improvement to your health and wellbeing. We explore compression garment colour, style, application and fit, and what to do if any of these are an issue for you currently. We also explore improving your skin health, and provide some breathing exercises to restore calm and relaxation when you need it. Finally, we provide advice on how to identify and set your new goal. We hope you find it helpful and that you are inspired to take your first small step towards making a positive change. ➤

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