

# Tips that Count

Wellness information for your journey to a healthier you!

## Change a Bad Habit for Good

Habits are so hard to break because a lot of the time our emotions can outfox us. We can always invent a reason to do whatever we feel like doing. So, to change a comfortable but unhealthy habit, we have to want to do something different. And then take action.

**To start, break the process down into three steps. This will help you to see what is needed to take control of a behavior that you want to change.**

- Begin by recognizing and acknowledging any *ambivalent feelings* you may have about breaking the habit.
- Then, do an *honest accounting of the pros and cons* of continuing the behavior versus making the behavior change. Here, conversations with your healthcare provider can help you gain insight. Discuss the health risks of continuing the old behavior versus the health benefits of change.
- Finally, you must *become convinced* that the pros clearly outweigh the cons to successfully initiate change.

By clarifying your feelings and creating a strong motivation for change, you will be well-positioned to start the process of making healthy and lasting changes in your life.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.