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Understanding Habits

Renew

A Weight Loss Rx Lifestyle Class

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Understanding Habits

MODULE 2:
Building Lasting Change

Welcome to class!

Reflection Questions:





- What are some habits you do daily?
- What are some habits you'd like to cultivate and what are some you'd like to break?

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The SELF Principle

 <p>Sleep is health</p> <p>Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.</p>	 <p>Exercise is health</p> <p>Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.</p>	 <p>Love is health</p> <p>Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.</p>	 <p>Food is health</p> <p>Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.</p>
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Which of your habits improve your life?

Which of your habits would you like to change?

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How are habits formed?

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Habits

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- Habits are things that we do or think *automatically* because they have been repeated so many times.
 - We repeat things because we get some form of reward.
- To experience long-term change, you will need to develop habits that support that change.
- There are probably some habits you'd like to break and new ones you'd like to build, but this can be challenging for many reasons.
 - Your brain loves routines!

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New Behaviors

Prefrontal Cortex

- Planning, organizing, initiating, and controlling responses to achieve goals
- High energy use
- Slow

Practice

Automatic Habits

Deeper Brain Structures

- Threat detection, surviving, memories, fight or flight
- Very low energy use.
- High speed, automatic
- Responsible for 90% decision making

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Getting Over the Resistance Hump

Brain dopamine levels are stabilizing

Tasks start becoming easier

Behaviors start becoming habits and take less energy to complete

Brain dopamine levels are stabilizing

Body chemistry is changing

Tasks start becoming easier

Daily habits now support the healthy behavior

You miss the behavior if you don't do it.

"This is just part of my daily routine" Deeper Brain

"This is so hard" Prefrontal Cortex

Task takes a lot of energy and time

A lot of mental negotiating and resistance is felt completing task

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Practice IS the Goal

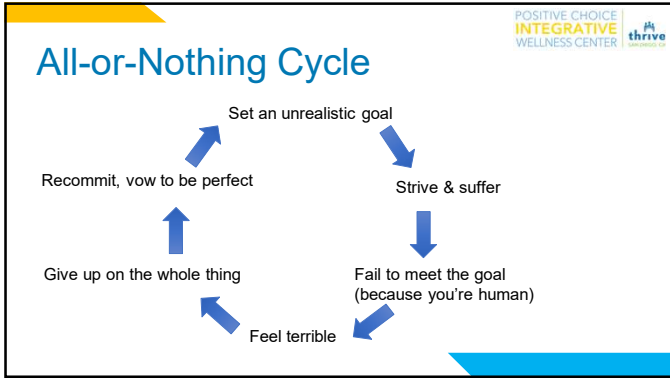
Learn to sit with discomfort

- Recognize where the discomfort is coming from.
- Use self talk to calm the nervous system.

Minimize barriers

- Make the behavior so small, mental resistance to do it is reduced.
- Think about the all the other habits that are needed to support the new desired behavior
 - Clean workout clothes ready
 - Bike ready to ride in the morning
 - Veggies pre-chopped to add to meals

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Every time you meet a goal, you are:

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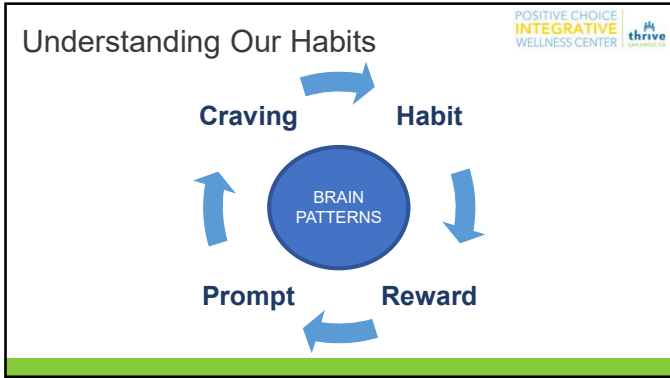
- Keeping a promise to yourself.
- Increasing trust in yourself.
- Building your confidence that you can do it again.

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Creating New Brain Pathways

- Our brains use myelin to "pave" the pathways in our brains that we use often.
- Every time we practice a new habit, we tell our body to work on paving that road so it gets easier to use next time!
- Think of an overgrown path → a highway

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Creating New Habits

Think of a habit you'd like to have or strengthen.

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What's the smallest version of your habit you can begin with?

Think really tiny. It could take 30 seconds or less.

- Floss one tooth
- Google "gyms near me"
- Think of 1 thing you're grateful for
- Do 1 push-up
- Take the clothes off the treadmill
- Add 1 piece of lettuce to every sandwich

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Using Prompts

Could you tie your new habit to something you *already* do?

Could you floss one tooth *after* brushing your teeth?

Could you do one push up *after* your walk?


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Using Prompts

After I _____, I will _____.

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Celebrate All Your Wins!

When you acknowledge your success, you build the habit faster.


I exercised today and felt better afterward!

I just finished a salad full of different colors. I'm nourishing my body!

I took a moment to recognize my hunger signals. I'm learning to honor my feelings.



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How Will You Celebrate?


Write down ideas.

- Examples:
 - Dance party
 - Pat on the back
 - "I'm so glad I _____ because _____"
 - Tell a friend
 - Stickers on a calendar

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Anticipate, Plan, Execute



Anticipate the habit » Plan how you will successfully navigate the habit » Execute the plan

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What's one thing that stood out in today's class?

What is one small step you could take to incorporate that this week?

Add this to your journal.

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Resources

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positivechoice.org/renew

Optional Meal Plan 

Getting Started with Strength Training 

KP Health Resources 
