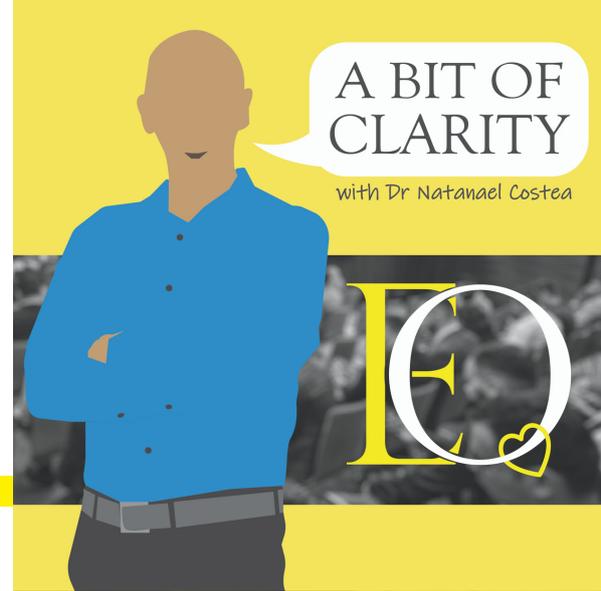


EP 025 HABITS



SHOW NOTES

OBJECTIVE

> Develop an understanding of habits.

UNDERSTANDING HABITS

Actions that are repeated over time gradually become **habits**. Some habits are developed **mindfully** (positive or adaptive habits that are purposely formed) and others **unconsciously** (negatively formed internal or external stress).

> **Passive habits** arise from exposure to things we eventually get used to. High-altitude climbers gradually adapt their bodies to the lower levels of oxygen available as they climb above 3,500m.

> **Active habits** are those we develop by repeated intention and effort, crystalizing as skills we perform with little or no thought. Riding a bicycle, swimming, driving, even reading and mathematics.

A study revealed that an estimated 43% of our daily activities are done habitually, while thinking of something else at the same time. Research has found it takes about nine weeks (66 days) to establish a pro-health habit.

BREAKING BAD HABITS AND FORMING NEW POSITIVE ONES

1. Find ways to lower your stress level. Many negative habits such as smoking, overeating, and oversleeping have developed as a response to stress. Simple measures like taking a walk can reduce stress levels.

2. Become aware of your negative habits. Since they are largely automatic, we are often unaware of our habits and their associated experiences. When asked to become mindful of what cigarette smoking tastes and smells like, some smokers realize that the actual sensations of smoking (the sensory experiences) are not pleasant for them.

3. Avoid cues that were associated with developing the negative habit in the first place. Most habits can be triggered by the cues or contexts in which they developed. Negative habits can therefore be left dormant if their associated cues or contexts are avoided. For example, to avoid snacking, remove snacks from easy access.

4. Replace the old habit with a new one that opposes it. This can be done by explicitly planning a different course and repeating what it prescribes. For example, recycling habits in our homes.

5. Apply the five habits routine that will improve your life. 1. Ten thousand steps per day (the keystone habit that aligns all others). 2. Expense journaling (finance awareness). 3. Active goal setting (tracking daily progress). 4. Time management (using the urgent/important quadrants). 5. Daily gratitude (counting your daily blessings, not 'missings').

APPLICATION

> Think of a negative habit where you can apply the steps above replace it with a positive one.

RESOURCES

> More from Dr Natanael Costea: www.eq.org.au

> Subscribe on [Apple Podcasts](#)

> Subscribe on [Google Play](#)

CONNECT

> Facebook: www.facebook.com/eq.org.au

> Instagram: www.instagram.com/eq.org.au

