



Break Free from Bad Habits

LiveLifeWell Today

- Wake up 10 minutes earlier than normal.
- Smoke one less cigarette than you did yesterday.
- Talk to a Health Coach.

Visit iLiveLifeWell.com to learn how to apply these tips and more to your lifestyle.

Everyone has bad habits. But whether your habits are just annoying, pose a distraction, or could actually hurt you or someone else — can influence how you go about breaking them. Here are some tips to help you banish your bad habits, and prioritize healthy changes in your day-to-day life.

Skipping Your Workout

Why You Do It: Poor time management habits can arise from over-committing to tasks at work or in your personal life. When you have too much on your plate, you are more likely to prioritize overtime over your workouts.

How to Fix It: Look at your to-do list before you commit to new projects at work and in your personal life. Prioritize your tasks, and set timers and reminders to keep you accountable. Schedule a 15-minute walk around the office at lunch, or a 30-minute workout or group exercise class at the gym a few days a week.

Skipping Meals

Why You Do It: Lack of preparation and procrastination can lead to running late and feeling rushed, therefore, opting for a fast food option or skipping your meal all together.

How to Fix It: Planning your meals and grocery shopping over the weekend or your day off can help you set up the rest of the week for success. Instead of feeling the pressure to cook alone, engage your family in the process, or invite a friend over. Pre-package healthy snacks, like sliced apples and string cheese, so you have something to grab between meetings.

Nail Biting or Chewing Ice

Why You Do It: Anxious habits are a sign of stress in your life. Excess adrenaline and energy can manifest with habits that serve as a security blanket when you are nervous or stressed.

How to Fix It: Cut back on caffeine to prevent the crash that comes later and replace at least one caffeinated beverage with an herbal tea. Concentrate on channeling your anxiety and stress by taking deep breaths while you practice a few stretches, like stretching your arms overhead while bringing your chin to your chest.

Managing Your Stress with Food

Why You Do It: When you feel stressed, what is your initial reaction? Take a deep breath, go for a walk, or hit the vending machines? Overcoming your stressors in a way that benefits your body, rather than harms it will help reduce your stress levels over time.

How to Fix It: Eating snacks with healthy fat, like almonds or cashews, provide a healthier alternative to fatty foods with a similar calming effect. Use exercise as an outlet for your stress. Thirty minutes of cardio exercise each day is recommended.