

How to Create a Healthy Habit... and Stick to It



Most of us, at one time or another, have said to ourselves that we should eat healthier, exercise more, or get more sleep. But then our brain takes over and tries to convince us that we're too tired to go to the gym, or don't have time to meal prep, or there aren't enough hours in the day.

According to Amy Morin, LCSW of the Verywell Mind Podcast, "When there is something that we know we should do, but don't want to do, our brain will try to talk us out of it by creating a list in our head of reasons not to follow through." She suggests the best way to fight this is by **Creating a List of Reasons Why**.

For instance, if we know we should exercise more, it's easy to tell ourselves that we are too tired, or the gym is too far away. However, if we create a list of the benefits of exercise and put it somewhere that we will see it before we have to make the decision, we are less likely to talk ourselves out of it.

For example:

Reasons Why I Should Exercise:

- I will feel better when I'm done
- Exercise will relieve my stress
- I will sleep better
- I already pay for the gym membership
- I deserve this time to focus on me.

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The **List of Reasons Why** is a powerful tool that helps us act on logic, not just emotion. We then begin to feel more empowered and in control of our decisions. Once healthy behaviors become part of our schedule and we begin to feel the benefits of these behaviors, they become incorporated into our normal routine.