BREAKING OUT OF UNHEALTHY HABITS

Breaking old habits is certainly a constant companion for many. Why do I always reach for my mobile phone and scroll through social media, read posts that are actually irrelevant and probably suggest to me how imperfect my life is and make me lose a lot of time? And why do I watch countless series or reach for chocolate instead of exercising or reading an interesting book as originally planned?

Why is it so hard for us to break out of habits, especially when we're exhausted, stressed or emotionally fed up? Why do we keep falling into behaviours that are obviously not good for us?

Quite simply, our brain is used to follow familiar behaviours and is inclined to give in to short-term pleasure. Especially when we are not feeling well or are exhausted, is this the easier way. Even if we know that a guilty conscience will come up afterwards.

So, how do we break out of this cycle and establish healthier behaviours?

HERE ARE MY 7 TIPS THAT CAN HELP YOU IN A MINDFUL APPROACH TO YOURSELF:

1. IDENTIFY YOUR OWN PERSONAL CYCLE. Write down the situations in which you fall into unloved behaviours and deviate from good intentions. How do you feel in such moments? What happened before? Which thoughts were loud? What would you have needed?

2) EXPLORE WHAT IS GOOD FOR YOU: Write down which unpleasant behaviours you want to say goodbye to and why they are not good for you. And more importantly, write down behaviours that are good for you and why it is worth giving them more space in your life.

3. STEP BY STEP! Establishing new behaviours is hard work for your mind. Because known ways / automatisms have to be left and new ways / synapses have to be created. So take one thing at a time that you want to change and take your time! Be loving with yourself if you fall into old behaviour patterns and appreciate every small success you make.
What is your first small step towards being more careful with yourself? Important, formulate your goal positively and concretely! For example: Once a week/day I would like to do ... for myself.

4. BE KIND TO YOURSELF! If you have a weak moment and deviate from your good intentions, be understanding with yourself! Think about what you would say to a good friend at that moment. How can you build yourself up? What have you already achieved and done well for yourself? Gather uplifting words and compliments for a "bad" day.

5. GIVE YOURSELF REGULAR BREAKS! When we are stressed, it is harder to avoid

unwelcome behaviours. This makes it all the more important to take care of ourselves and take regular breaks. Think specifically, when can you set up moments of rest in your daily life? Maybe in the morning before everyone gets up? Or in the fresh air during your lunch break? You can also use a timer to remind yourself to take breaks at work. The Pomodoro technique is interesting here: https://www.impulse.de/management/selbstmanagement-erfolg/pomodoro-technik/7292581.html

6. GET IN BALANCE! In addition to regular breaks, moments of balance are also important. Consciously plan time with loved ones, for a hobby or simply time in nature. Social contact and regular exercise in the air have been proven to have a positive effect on our health and well-being. And if you are balanced, you will be better able to stick to your goals. Write down the things that energise you and bring you into balance.

7. FOR DIFFICULT MOMENTS:
7.1. Collect alternative & positive behaviours that are good for you and bring you joy. Also write down what benefits the alternative brings you. This collection will help you to choose a better behaviour in challenging moments.
7.2. Eemergency plan: Sometimes it can help to confide in a friend during difficult times. Tell a trusted person about your problem and agree that you can call her/him in an emergency. That way you know you are not alone.

#timeManagement, #self-care, #unhealthyHabits #health, #prevention, #mindfulness