



Helping people learn to live better lives.



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Presenter



Types of habit changes

- Starting something new
- Quitting or changing existing habit
- Two different approaches

What *doesn't* work?

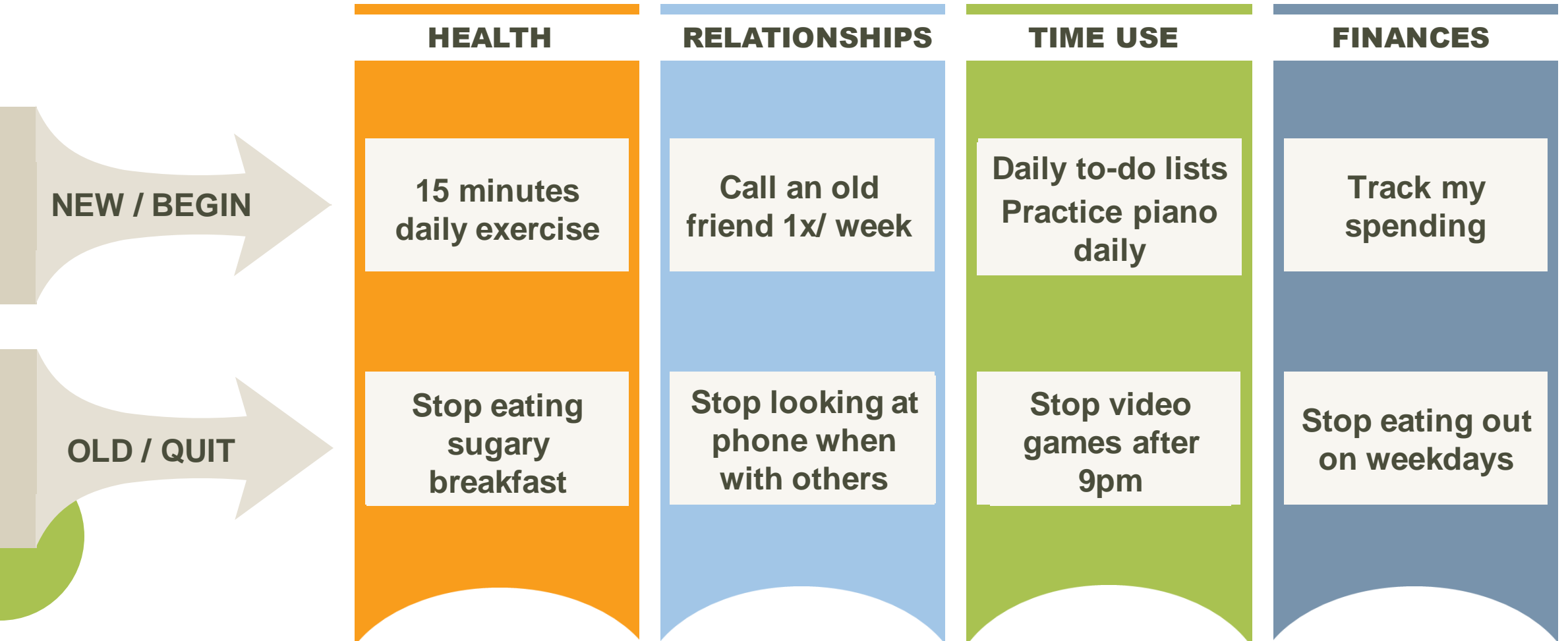
- Just trying harder
- Making a public declaration / resolution
- Trying when those around me aren't
- When it's something you don't care about
- A habit that's just too difficult

What do we know about habits?

1. What percent of existing behaviors are habits?¹
 - a. 35%
 - b. 45%**
 - c. 55%
 - d. 65%
2. Most habits take **how many days** to feel **natural and automatic**?²
 - a. 7-14
 - b. 14-21
 - c. 30-60
 - d. 60-90**
3. Of those who make “**resolutions,**” how many **succeed**?³
 - a. 1 in 4
 - b. 1 in 6
 - c. 1 in 10
 - d. 1 in 12**

Good habits to create

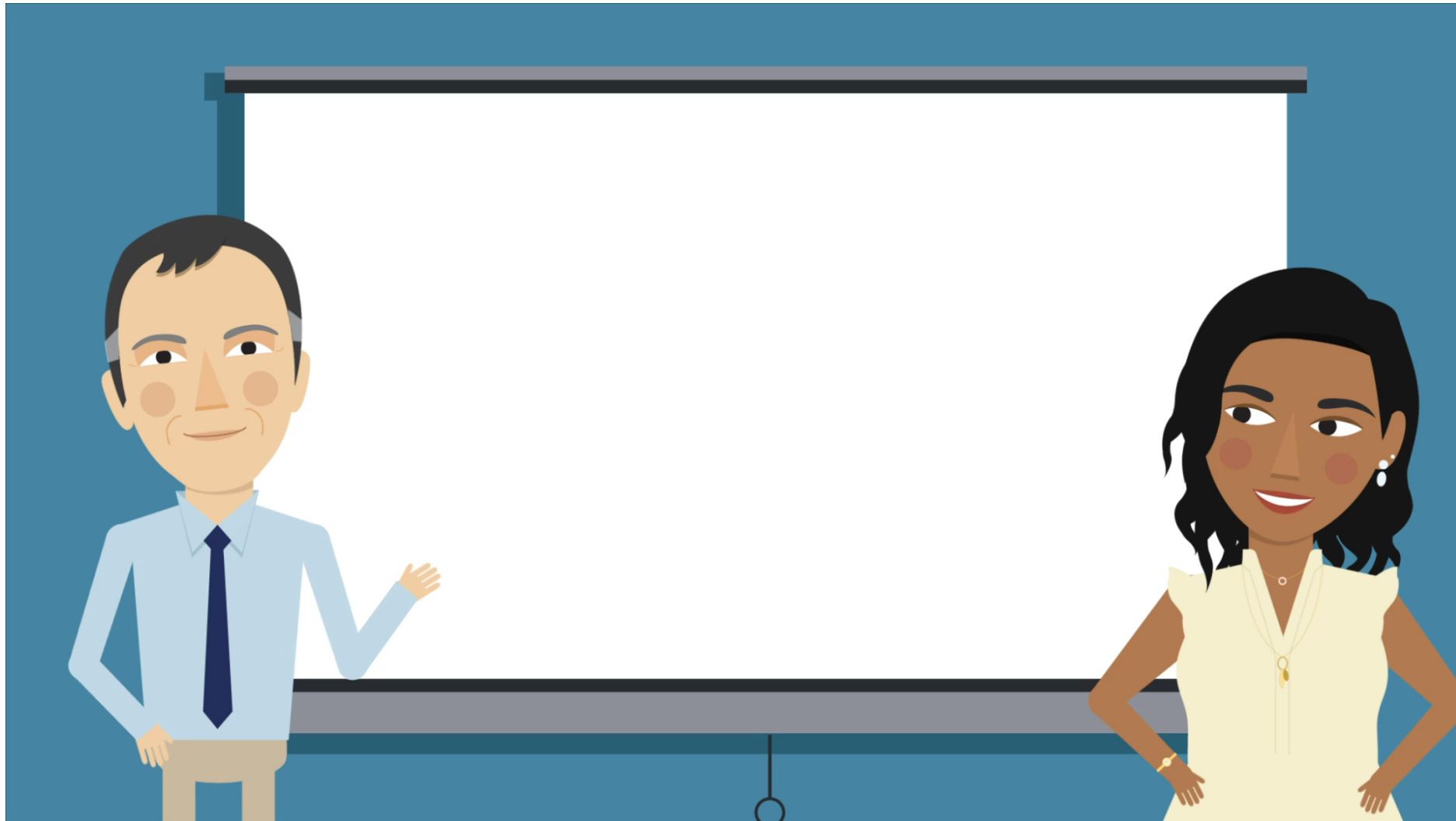
In what area of life could YOU use a change?



Science-supported habits to boost wellbeing



Creating new habits



Creating new habits: The 3-step model



Creating new habits: Ways to win



Cue

- Setting the table
- Something that's already:
 - Part of my day
 - Happening at the desired frequency

Examples:

- Climb out of bed
- Sit down for morning coffee
- Put on my pajamas
- Right after I _____

Action / Habit

- The desired behavior
- Do it every time the cue occurs
- Start small

Examples:

- Walk around the block
- Call an old friend
- Brush my teeth for 1 minute

Reward

- Pick something actually motivating
- Immediate is key
- Only and always when I do the action/habit

Examples:

- 10 minutes web surfing
- Listen to favorite song
- Feel refreshed

Examples of new, healthy habits

HEALTH

5 minutes daily exercise

Cue: climb out of bed

Habit: 5min+ exercise video

Reward: coffee

FINANCES

Track my spending

Cue: after I brush my teeth

Habit: log the day's expenses

Reward: daily tear-off cartoon

TIME USE

Daily to-do lists

Cue: sit down to start work

Habit: list to-dos + prioritize

Reward: music while I work

RELATIONSHIPS

Call an old friend 1x/week

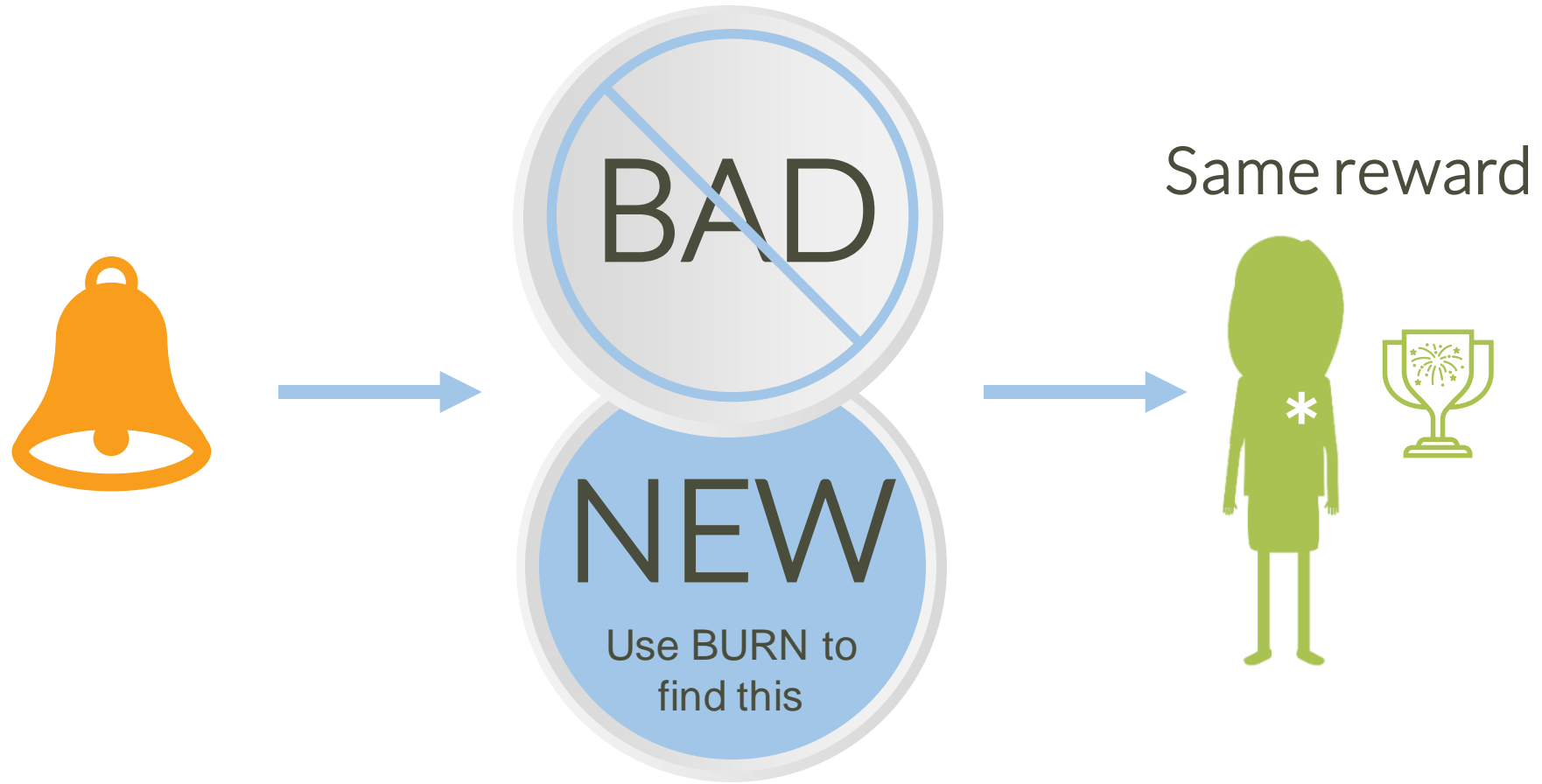
Cue: Monday's pasta dinner

Habit: make one phone call

Reward: 10min social media

Changing bad habits

Changing a bad habit



Changing bad habits: The BURN model



Examples of changing a bad habit

HEALTH

Bad habit?

Eating sugary breakfast

Usual trigger

hungry, walk into kitchen in morning

Reward

tasty, satisfies hunger

NEW habit

eat the fruit that I set out & yogurt

RELATIONSHIPS

Bad habit?

looking at phone when I'm with others

Usual trigger

phone in pocket / on table buzzes

Reward

satisfies curiosity / worry, connection

NEW habit

turn it off and ask an interesting question

TIME USE

Bad habit?

late night video gaming

Usual trigger

others are sleeping, I'm wide awake

Reward

stimulation, distraction

NEW habit

read engaging book after 9pm

FINANCES

Bad habit?

spending \$\$ at restaurants most days

Usual trigger

tired after a busy day, dinner time

Reward

hunger is easily satisfied

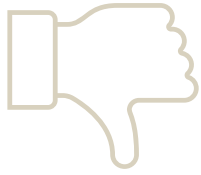
NEW habit

have left-overs / easy meal I prepped earlier

When our thoughts trip us up



Types of Allowing Thoughts



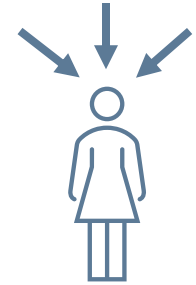
Denial



Minimizing



Rationalizing



Blaming



Bargaining



Justifying



Passivity

Other tips for successful habit change

- Optimize your environment
- Get support
 - Seek out suggestions
 - Enlist a teammate
- Start small
- Check in / Review
- Present Awareness



Take action today

Try one for the next week

- Evaluate opportunities for habit change
- Identify my Allowing Thoughts
- Get started – NEW habit
 - Gratitude journal
 - Present Awareness
 - Daily to-do list
- Get started – BURN a bad habit

Use today's hand-out as a guide



Habits: Building the good, breaking the bad

Our habits make a big difference in our wellbeing. Use the activity below to help you create a healthy, new habit or change/quit a bad one. Once you've picked your goal, use the models on the next page to create a plan.

Examine your current habits and list any that could use a change

Area of life	Actions to begin	Actions to quit
Health		
Relationships		
Time use		
Finances		
Other		

Having trouble coming up with a helpful new or replacement habit? Here are a few science-supported activities to try:

- **Daily gratitude practice** - list 3 new things you're grateful for *and what caused them*
- **Progressive Muscle Relaxation** (PMR, linked) - identify tension in your muscles and learn to relax them
- **Daily to-do list** - start a rough list for the day; pick your top 3 to-do's, 20 minutes max each
- **Present Awareness** (linked) - notice and accept your internal/external experiences (the here and now) so you can continue your day focused on your values/goals
- **Alternatives to Dwelling** - thinking about things (past or present) that we can't control only keeps us stuck. Instead, occupy your mind with another task:
 - Neutral: list as many states or old classmates as you can, do a math problem...
 - Positive: list things you're grateful for, or kind things you could do
 - Five senses: list 5 things you can **see at the moment**
 - ... 4 things you can **hear**
 - ... 3 things you can **touch/feel**
 - ... 2 things you can **smell**
 - ... 1 thing you can **taste**

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 - ✓ Panic

2022 |



Thank you.

