MARINE MA

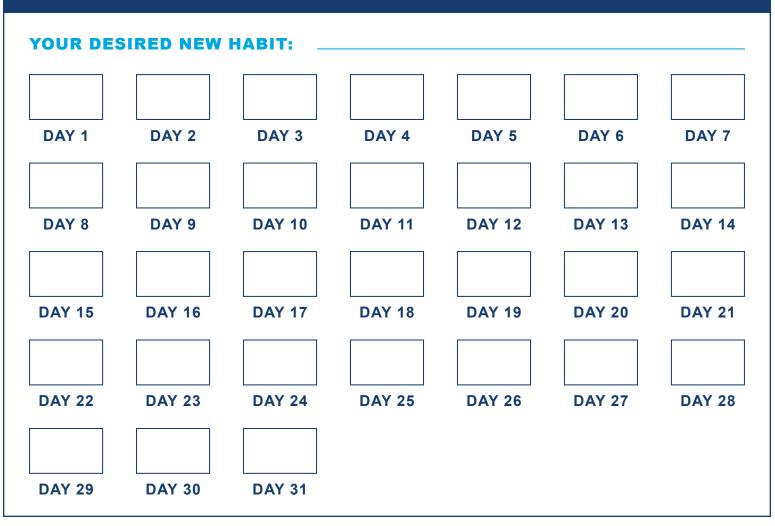
Experts have found a beneficial way to introduce a new healthy habit is to participate in "Habit Stacking." Our brains build a strong network of neurons to support our current behaviors – the more we do something, the stronger and more efficient the connection becomes. When we want to implement a new, healthy behavior it is suggested to identify a current habit we already practice daily and "stack" the new behavior or habit with it.



CURRENT HABIT	\longrightarrow	DESIRED NEW HABIT
Coffee is brewing	\longrightarrow	Prepare healthy snacks
Take off work shoes	\longrightarrow	Change into workout clothes
Sit down for dinner	\longrightarrow	Say one thing you're grateful for that day
After dinner	\longrightarrow	Meditate for one minute

HABIT TRACKER

Check off each day that you successfully complete your desired new habit. At the end of the month, see how far you've come!

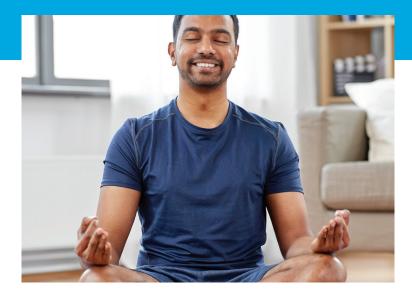


HABIT STACKING 101

Steps for Building a Habit Stacking Routine

(from Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less by S.J. Scott):

- 1. Start with a Five-Minute Block set a simple goal to keep it simple and set-up for success.
- 2. Focus on Small Wins focus on easy tasks at first to experience "small wins".
- Pick a Time and Location anchor your new habit to a specific location, time of day or combination of both.
- Anchor Your Stack to a Trigger focus on positive triggers. Examples of this is something you do every day already (showering, brushing your teeth, sitting at your desk), a specific time of day (waking up, eating lunch, driving home).
- Create a Logical Checklist includes the sequence of the actions, how long it takes to complete each one and where you will do them.
- Have an Accountability Plan suggest having an accountability partner, coach, or group to share breakthroughs, challenges and future plans.
- Create Small, Enjoyable Rewards can help to act as a motivator. Suggestions: watching your favorite TV show, taking 5 minutes to relax etc.
- 8. Focus on Repetition.
- Don't Break the Chain mark activity on calendar or journal.
- **10.** Expect Setbacks setbacks can be a good thing and teach resilience.
- 11. Schedule the Frequency of a Stack daily, weekly, monthly.
- 12. Scale Up Your Stack evaluate how you are doing and add time and handful of actions as able.
- 13. Build One Routine at a Time research has found conflicting information for how long it takes to form a habit. Anywhere from 18 to 254 days with the average of 66 days being found. It is suggested to not start a new habit until you have stopped thinking about a habit as a habit and are doing it everyday without thought.



The **purpose** of habit stacking is to create a simple and repeatable routine. Habit stacking allows you to leverage your stronger habits that you participate in daily to build new healthy habits and behaviors. The goal of creating a new habit is **consistency**. If you think about it, there are many habits you participate in now on a very consistent basis. For example, brushing your teeth, taking a shower, getting dressed, making a meal. Some habits you have participated in since you were very young and some you may have implemented more recently such as going for a walk, calling a loved one, practicing daily meditation. It can be hard to implement a new health behavior on a consistent basis, so why not use something you already know and practice daily to use as a trigger for the new behavior. You can also use this practice to eliminate or replace an unhealthy behavior.

8 Elements of Habit Stacking

(from Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less by S.J. Scott):

- Each habit takes less than five minutes to complete
 - It's a complete habit
 - It improves your life
 - It is simple to complete
 - The entire routine takes less than 30 minutes
 - It follows a logical process
 - It follows a checklist
 - It fits your life



Suggested Reading

- Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less by S.J. Scott
- Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear
- Mini Habits: Smaller Habits, Bigger Results by Stephen Guise

My Health Onsite Adheres to All HIPAA & Confidentiality Regulations | © 2021 My Health Onsite | All Rights Reserved

REV041521