

How to ditch bad habits in four (easy?) steps

1. When you're trying to change habits let people you live with know what you're trying to achieve so they can support you – get the chocolate, alcohol, ice cream out of the house. This also helps with accountability – you've said you're going to stop eating fatty, sugary foods so someone can hold you accountable to it
2. Identify your triggers - our brain is a creature of habit and responds to triggers so ditching bad habits is all about identifying your triggers and changing your reaction to them
3. Find something to replace the bad habit with. Instead of going straight to the usual habit like having a glass of wine, slow down your thinking and notice what's happening in your body, what sensations are you feeling when you feel like the glass of wine and try to replace the glass of wine with another activity like going for a walk or run or doing a meditation and again notice how much better this makes you feel so your brain registers this feeling.
4. Work out what's behind the bad habit, are you eating too much because you're lonely or haven't faced an unmet need? Get to know yourself, what are you really needing more of?