

The Force of Habit: Common Blocks and Useful Tips for Making Lifestyle Change

Wellness Webinar Series 2015, Missouri Coalition for Community Behavioral Healthcare

Learning Objectives: *By the end of the workshop participants will be able to:*

1. List at least five factors related to motivation to change.
2. Describe the four keys to habit change.
3. Identify at least two factors that affect willpower.
4. Choose one or more strategies relevant to your own wellness habits

What's needed for behavior change?

1) Motivation: 5 contributors

- a) Need
- b) Interest/desire
- c) Beliefs
- d) Initiation (getting started)
- e) Payoffs (actual, expected)

2) Habit: 4 keys

- a) Awareness
- b) Keystone habits
- c) Small wins
- d) Link to current positive habits

3) Willpower: 2 factors

- a) Goals
- b) Energy

References and Resources (items marked with * have more info on YouTube)

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- Marshmallow video* <http://www.youtube.com/watch?v=IQzM8jRpoh4>
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Six Strategies for Changing Behavior

Important: It's easier to achieve a "do more" goal than a "do less" goal.

1) Develop awareness of cues, routines, rewards

- a) Location: Where does it (or should it) happen?
- b) Time: When do you do it? When do you need to do it?
- c) Emotional state: How do you feel at the moment you do it (or need to do it)?
- d) Other people: How do other people get in the way? How do they help?
- e) Antecedent behaviors: What comes right before you do it (or need to do it)?

2) Explore interest and desire

- a) Personal values that drive your choices
- b) Reasons for making a change

3) Strengthen beliefs (hope)

- a) What are your beliefs about the behavior? Are they accurate/rational?
- b) What are the norms for health? What are the norms in your community or group?
- c) Build self-efficacy
- d) Find role models and inspiration

4) Identify payoffs

- a) What are the real concrete benefits (not your fantasies) of the desired behavior?
- b) What are the payoffs of not changing? Can you get these some other way?

5) Analyze patterns

- a) Strengths: What do you do now to take care of yourself?
- b) Problem habits: What are you doing now that seems unhealthy to you?
- c) Keystone habits: What foundation changes would set you on the path?
- d) Possible actions/habits for linking or sandwiching the new behavior

6) Develop a change plan

- a) Goal/objective: Actions within your control to be accomplished in about one month
- b) Steps: Daily and/or weekly actions
- c) Rewards: Low cost contingent rewards for accomplishing steps
- d) Supports: Sources of practical as well as emotional help
- e) Implementation intentions: Exactly what you will do "if"—say, "When X then I will Y"

My Commitment: Tomorrow, _____, at _____, I will _____
(write date) (write time) (write action)

because _____
(write important personal reason or value for taking this action)