WORKING FOR A HEALTHIER TN

How to Break Bad Habits

When behaviors are enjoyable, even if they're unhealthy, they can release a chemical in the brain called dopamine. The habit becomes even stronger, and we continue doing it regardless of how we feel afterward (i.e. overeating, obsessively checking social media, etc.). Here are several strategies to break bad habits:

Identify Purpose

Once you're able to identify the needs behind the habits, you can look for healthier alternatives.

Identify Progression

What actions typically lead up to your habit?

Identify Motivation

Feeling a deep connection to your "why" helps make difficult choices worth it.

Identify Influence

Try to avoid individuals who are linked to habits you're trying to change.

Plan Ahead

Making a plan for dealing with temptation prepares your mind to resist the urge.

Practice Mindfulness

Be mindful of the emotions you're experiencing and what's going on in your body.

Replace with Good

Trade your bad habits for good ones.

tn.gov/wfhtn
WFHT.TN@tn.gov

Source: Here4TN