



## SAY goodbye to bad habits

Experts say that to stop an unhealthy habit, you must replace it with a healthy habit. Here's how to get started.

- **Set a date.** Make a plan for when you intend to quit your bad habit. Put it in your calendar or planner.
- **Stop the triggers.** For instance, don't eat in front of the T.V. if you tend to overeat while watching it. Eat at a table without distractions.
- **Keep track.** Anytime you avoid your unhealthy habit, write down your victory. You'll see how far you've come. This can help you stay motivated.
- **Be kind to yourself.** Promise yourself a healthy reward when you meet a certain milestone. And, don't focus on setbacks or mistakes. Instead, be proud of the things that you did well.

Source: National Institutes of Health