



BREAKING bad habits

It's the new year, which is a great time to say goodbye to bad habits. If you're hoping to make a change, these tips may help:

AVOID.

If certain places or people make you want to engage in unhealthy habits, try your best to stay away.

REPLACE.

Focus on what you can do instead of the bad habit. For instance, take a walk or drink a glass of water.

PLAN.

If you know you'll be tempted with a bad habit, practice what you can do. Picture yourself not giving in. Have a plan for yourself.

BUDDY UP.

Ask a friend or family member to support you. They can cheer you on and encourage you when you need it.

Source: National Institutes of Health