

# BAD HABITS

Educators Benefit Services—Bad Habits

September

## Break a Bad Habit

Like it or not, bad habits are bad for you mentally, physically, emotionally, and even socially in some cases. While some bad habits are harder to quit than others, it does not change the fact that you need to get rid of them.

Bad Habits to Quit Right Away:

- Stress Eating
- Nail Biting
- Smoking
- Excessive Drinking
- Eating Junk Food
- Watching Too Much TV
- Being Late
- Being in Bad Relationships
- Leaving Things to the Last Minute
- Focusing on the Negative

Bad habits build up by years of repetition and thus, they won't be easy to eliminate. Attempting to remodel your behavior overnight is a doomed strategy. Here are some steps to help:

- Find the Root Cause
- Figure out your triggers
- Pick a positive alternative
- Hold yourself accountable
- Crush your habit!

### *Suggested Monthly Wellness Activities*

- *Email Article—[6 Steps to Remove TV From your Life](#)*
- *Start a Group - Hold one another accountable for the month and crush a bad habit*
- *Track your bad habit using an App or tracking device*
- *Read the Book—[Atomic Habits](#)*
- *Email Article—[How to Break a Bad Habit and Replace It With a Good One](#)*



### Some Benefits of Quitting a Habit

- Improved Memory by Quitting Smoking
- Longer Lifespan by Watching Less TV
- Reduced Wrinkles by Cutting the Sweet Treats
- Save Money by Giving Up or Reducing Alcohol Intake



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