Kick the Habit
January Health Yourself Challenge

How to participate

Set yourself up for a year of renewed commitment to your personal wellness. This challenge aims to address some common ruts we get into and use tools of cognitive behavioral ‘re-routing’ to change our habits for good.

The habits we are focusing on for this challenge are around: quitting smoking, emotional eating, excessive tech time, and anxiety.

1. Choose one area of behavior change from the following options in this document that you’d like to explore this month. Need help? Check out the questionnaire on the next page.

2. Complete the activities for that habit each week for four consecutive weeks. Each habit begins with some education and awareness during week one and continues on, using mindfulness to try and change habit patterns. Use weekly emails as guidance for the various themes and activities.

3. Print off your habit log and note pages. Check the boxes for each activity you complete.

4. Celebrate your success and return your completed form to Jess Brown in HR. Active participation in all four weeks will earn 15 Health Yourself points.

Are you interested in these topics but think you need extra support? Contact Jess Brown to discuss some options.
Can’t decide which habit to kick? Use this questionnaire to decide which habit is most in need of your attention. Put a check mark next to each habit the statement applies to for you.

At the bottom, total your check marks and see which habit has the most.

<table>
<thead>
<tr>
<th>Habit</th>
<th>Using/doing X for longer than you meant to</th>
<th>Wanting to cut down or stop X but not managing to</th>
<th>Spending a lot of time using or recovering from X</th>
<th>Cravings and urges to X</th>
<th>Not managing to do what you should at work, or home because of X</th>
<th>Continuing to X even when it causes problems in relationships</th>
<th>Giving up important social, occupational, or recreational activities because of X</th>
<th>Doing X again and again, even when it puts you in danger</th>
<th>Continuing to X even when you know you have a physical or psychological problem that could have been caused or made worse by it</th>
<th>Needing more of X to get the effect you want</th>
<th>Developing withdrawal symptoms that can be relieved by using X more</th>
<th>(Total check marks)</th>
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<td>Emotional Eating</td>
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Kick the Habit:
Emotional Eating

Week 1, Jan 7-13: Education and Awareness

☐ Watch Judson Brewer’s Ted Talk: ‘A Simple way to break a bad habit’
☐ Watch Weight Watchers Commercial: ‘If you’re happy and you know it’
☐ Pay attention to when and why you eat this week (use back of this page to record notes)
☐ Identify some of your non-hunger based eating triggers (use back of this page to record notes)

Week 2, Jan 14-20: Working with our inner screaming child

☐ Start the week by listening to a body scan meditation (like this one) or using this script as a guideline.
☐☐☐ Continue to practice a version of the body scan meditation on 3 other days this week. You can download The ‘Stop, Breathe, and Think’ app to access the audio version.
☐☐ On two days this week, when you notice an emotional eating trigger, instead of giving in to it, see what happens if you wait it out and don’t give in to that behavior cue. Record notes on the back of this page.

Week 3, Jan 21-27: Investigate with kindness

☐ Start the week by listening to a loving-kindness meditation (like this one) or using this script as a guideline.
☐☐☐ Continue to practice a version of the loving kindness meditation on 3 other days this week. The ‘Stop, Breathe, and Think’ app has a nice audio version.
☐ Read Mindful.org’s article on the RAIN practice. Record any notes on the back of this page.
☐☐ Try riding out emotional eating triggers with the RAIN practice at least 2 days this week.

Week 4, Jan 28– Feb 3: Disenchantment

☐☐☐ Continue to practice a version of the loving kindness OR body scan meditation on 3 days this week.
☐ As you continue the RAIN practice and ride out triggers, get curious about ‘what do I get from this’. Record any notes on the back of this page.
☐ Reflect on how you feel about your triggers now, compared with week 1 on back of this page.
Kick the Habit: Emotional Eating

Week 1 Notes:
When/Why/Where did you eat emotionally this week?

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Eating Triggers:

Week 2 Notes:
Body scan days and notes:
What happened when you waited out a trigger?

Week 3 Notes:
Loving Kindness days and notes:
RAIN notes:

Week 4 Notes:
‘What do I get from this?’
End of challenge reflection:

Name: _______________________

Breakfast
Lunch
Dinner
Snacks
Kick the Habit: Tech Overuse

Week 1, Jan 7-13: Education and Awareness

☐ Watch, listen, or read 2 of the following resources:
- Judson Brewer's Ted Talk: ‘A Simple way to break a bad habit’
- Psychology Today’s article ‘Could you be addicted to technology’
- Medium’s ‘How do we stop technology addiction’

☐ Pay attention to when and why you use technology this week (use back of this page to record notes)
☐ Identify some of your tech-use triggers (use back of this page to record notes)

Week 2, Jan 14-20: Working with our inner screaming child

☐ Watch Adam Alter’s Ted Talk: ‘Why our screens make us less happy’
☐ Start the week by listening to a body scan meditation (like this one) or using this script as a guideline.
☐ Continue to practice a version of the body scan meditation on 3 other days this week.
☐ Throughout the week, when you notice a tech-trigger, instead of giving in to it, see what happens if you wait it out and don’t give in to that behavior cue. Record notes on the back of this page.

Week 3, Jan 21-27: Investigate with kindness

☐ Start the week by listening to a loving-kindness meditation (like this one) or using this script as a guideline.
☐ Continue to practice a version of the loving kindness meditation on 3 other days this week.
☐ Read Mindful.org’s article on the RAIN practice. Record any notes on the back of this page.
☐ Try riding out tech triggers with the RAIN practice at least 2 days this week.

Week 4, Jan 28– Feb 3: Disenchantment

☐ Continue to practice a version of the loving kindness OR body scan meditation on 3 days this week.
☐ As you continue the RAIN practice and ride out triggers, get curious about ‘what do I get from this’. Record any notes on the back of this page.
☐ Reflect on how you feel about your triggers now, compared with week 1 on back of this page.
Kick the Habit: Tech Overuse

Week 1 Notes:
When/Why/Where did you use technology excessively this week?

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Tech Triggers:

Week 2 Notes:
Body scan days and notes:
What happened when you waited out a trigger?

Week 3 Notes:
Loving Kindness days and notes:
RAIN notes:

Week 4 Notes:
‘What do I get from this?’
End of challenge reflection:
Kick the Habit:
Anxiety

Week 1, Jan 7-13: Education and Awareness
☐ Watch Judson Brewer’s Ted Talk: ‘A Simple way to break a bad habit’
☐ Pay attention to when and why you get anxious this week (use back of this page to record notes)
☐ Identify some of your anxiety triggers (use back of this page to record notes)

Week 2, Jan 14-20: Working with our inner screaming child
☐ Start the week by listening to a body scan meditation (like this one) or using this script as a guideline.
☐☐☐ Continue to practice a version of the body scan meditation on 3 other days this week. You can download The ‘Stop, Breathe, and Think’ app to access the audio version.
☐☐ On two days this week, when you notice an anxiety trigger, instead of giving in to it, see what happens if you wait it out and don’t give in to that behavior cue. Record notes on the back of this page.

Week 3, Jan 21-27: Investigate with kindness
☐ Start the week by listening to a loving-kindness meditation (like this one) or using this script as a guideline.
☐☐☐ Continue to practice a version of the loving kindness meditation on 3 other days this week. The ‘Stop, Breathe, and Think’ app has a nice audio version.
☐ Read Mindful.org’s article on the RAIN practice. Record any notes on the back of this page.
☐☐ Try riding out anxiety triggers with the RAIN practice at least 2 days this week.

Week 4, Jan 28– Feb 3: Disenchantment
☐☐☐ Continue to practice a version of the loving kindness OR body scan meditation on 3 days this week.
☐ As you continue the RAIN practice and ride out triggers, get curious about ‘what do I get from this’. Record any notes on the back of this page.
☐ Reflect on how you feel about your triggers now, compared with week 1 on back of this page.
Week 1 Notes:
When/Why/Where did you have anxiety this week?

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Anxiety Triggers:

Week 2 Notes:
Body scan days and notes:
What happened when you waited out a trigger?

Week 3 Notes:
Loving Kindness days and notes:
RAIN notes:

Week 4 Notes:
‘What do I get from this?’
End of challenge reflection:
Kick the Habit: Quit Smoking

Week 1: Education and Awareness

☐ Watch Judson Brewer’s Ted Talk: a Simple way to break a bad habit
☐ Watch Craving to Quit demo

Do/would you....

- Smoke cigarettes or use a vape pen?
- Own and feel comfortable using a smartphone?
- Be willing to use an app for 21 consecutive days?

If yes to all, contact Jess Brown about redeeming a license for the Craving to Quit app.
If no to any, but you are still interested in quitting smoking, contact Jess Brown about cessation counseling and NRT.

(Weeks 2-4: Cessation programs)