



## Mastering your habits: A Simple Guide

Habits are routines our brains latch onto because they link certain actions with rewards. Think of unwinding with wine after work or reaching for chocolate during stress - these are habits formed over time.

To change an unwanted habit, you need to swap it with a healthier option that still feels rewarding—for example, swap wine for herbal tea or chocolate for fresh fruit.

Stay mindful of what triggers your old habits, like the end of the workday or feeling anxious. Use these triggers to remind yourself to choose the new routine instead.

Each time you choose the new routine, you strengthen new pathways in your brain. It takes about 2 to 8 weeks of consistency for this new habit to stick.

Visualise yourself engaging in the new behaviour. This tricks your brain into accepting the change more easily.

Be patient with yourself, and don't get discouraged by setbacks. Stay focused on substituting healthier rewards for old habits, and you'll create lasting change over time.