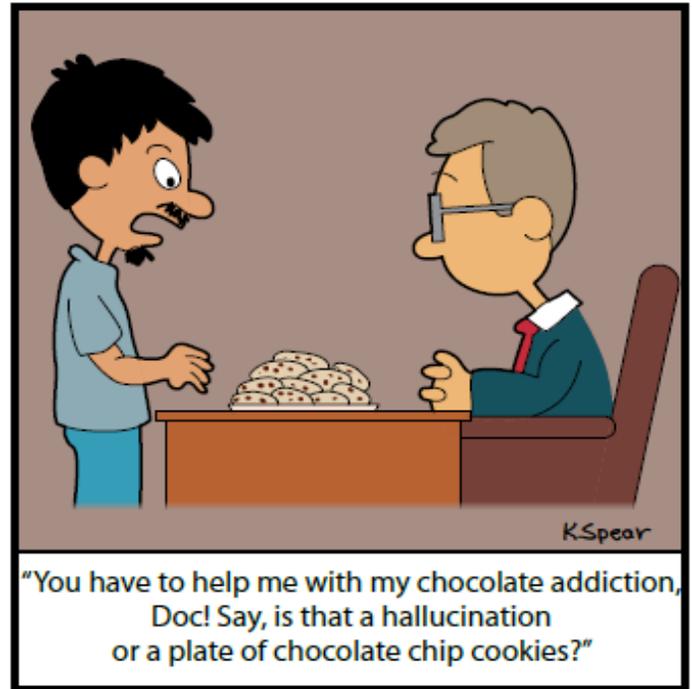


Building Wellness – LIFESTYLE HABITS

“Habit, if not resisted, soon becomes necessity.”
~ St. Augustine

I’m going to keep this very short and to the point, because it’s very likely that you’ve heard what I have to say before. Unhealthy habits like smoking, excessive drinking, excessive sugar intake, and fast food can lead to unhealthy addictions.

I have struggled with the bad habits of eating too much fast food over the years and watching situation comedy reruns when I should have been exercising. These bad habits really seem to grab me when I’m feeling a little down for whatever reason, and then they become a cycle that is hard for me to shake. For me, a health scare served as a wake-up call, and then I took action by facing the truth and seeking the support I needed to make some changes in my lifestyle choices.



Obviously, the best approach is to resolve the bad habits before they become addictive. We all need to periodically take an extremely honest look at our lifestyle choices and patterns of action, because these habits can have such a profound effect on our health.

Tips for changing bad health habits:

- › Seek professional help if you think you have an addiction.
- › Recognize the truth. Awareness is the first step to breaking a bad habit.
- › After you make a decision to change, your direction is set. Make the decision.
- › Make a commitment to do whatever it takes to let go of your old behavior and to introduce new behaviors that serve you better.
- › Connect with an accountability partner or group to help you.
- › As you take daily actions toward your new habit, remember that consistency is critical. Taking only occasional action will not work.
- › Never give up.