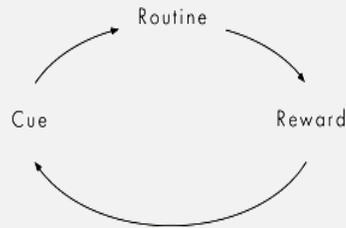


# Change the Brain

Understand your mind to improve your health

## Understanding Your Habits:

### The Habit Loop



**Cue:** *The trigger from your environment that tells your brain to go into autopilot and which habits to use.*

**Routine:** *The mental or physical actions you take after you are cued.*

**Reward:** *What you get from the habit that fulfills a craving in your brain.*

### Creating New Habits

#### Step 1: Find a Cue

*Link your new action to something you already do each day. Example: closing your door.*

#### Step 2: Start the Routine

*Next, start small and perform a small action that is needed to get started. Example: if you want to cook a healthy dinner nightly, it might be placing a pan on the oven.*

#### Step 3: Reinforce with a Reward

*Next, you need to find something that tells your brain this new action is good. This can be calling a friend, reviewing how much money you are saving by eating at home, or simply yelling WOO-HOO!*

#### Step 4: Repeat

*New habits take time. Build upon the small actions and make adjustments as you see fit.*

### Modifying Old Habits

#### Step 1: Identify the Cue

*Determine where your habit begins. Consider: the time, environment, people, previous action, emotions. Find the one that is consistent.*

#### Step 2: Examine the Reward

*Ask yourself what craving your habits is satisfying? Substitute a new reward and test your theory.*

#### Step 3: Change the Routine

*Now that you know your cue and reward insert a new action that is triggered by the old cue and fulfills the old reward.*

*Example: Let's say you want to change your daily soda habit. You discover your trigger is your 10am break and the reward is getting away from your desk. You then change your routine by going outside for a short walk instead and return to your desk feeling refreshed and ready to work.*

*"First we make our habits,  
then our habits make us."*

-Charles C Noble

*"We are what we repeatedly do.  
Excellence then, is not an act, but a habit."*

-Aristotle



To request this seminar visit [healthyutah.org](http://healthyutah.org)

\*We request at least 15 people be in attendance and 2 weeks advance notice

\*Seminars usually last about an hour

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## Getting to Know Your Brain:

<p>The Clerk</p>		<p>Basil Ganglia</p>	<p>Collects information and develops automatic habits. This structure allows you to focus on other more important tasks while the autopilot takes over.</p>	<p>Challenge yourself to healthy and positive changes. Start small and remember habits take time to build. Success and personal growth isn't a destination, but rather the utilization of effective systems.</p>	<p>Habits I want to create/change:</p>
<p>The Pilot</p>		<p>Amygdala</p>	<p>Uses the endocrine system and different hormones to communicate messages of fear, uncertainty and doubt when faced with a new, challenging or uncomfortable situation</p>	<p>Challenge yourself to step outside your comfort zone - this is where all the growth happens. With time you realize that fear becomes excitement as you welcome more knowledge, individuals and opportunities in your life.</p>	<p>Ways I will step outside my comfort zone:</p>
<p>The Body Guard</p>		<p>Reticular Activating System</p>	<p>Protects you by shifting your attention to important pieces of information in and around your environment. Typically this information is negative, but even buying a new car shows how your perspective can quickly change.</p>	<p>When you change the way you look at things, the things you look at change. Challenge yourself to find the good around you. Protect your focus from distraction and only allow yourself to find solutions.</p>	<p>Ways I will find and focus on the positive:</p>

## Other Tips:

- Daily exercise
- Meditation and Mindfulness
- Practicing gratitude
- Daily Journaling
- Changing your environment
- Adequate sleep
- Proper nutrition



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