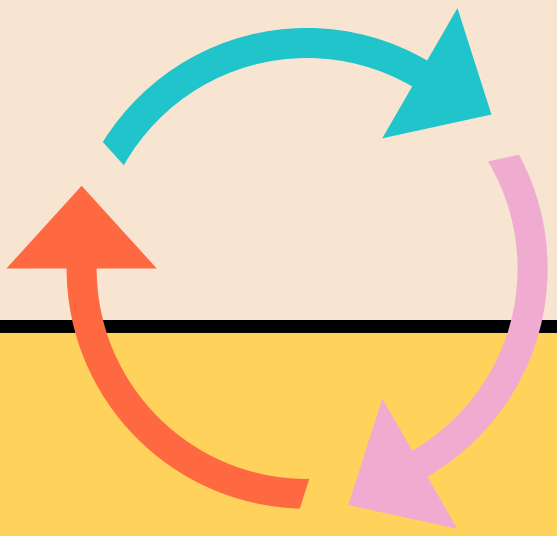


# CULTIVATING HEALTHY HABITS FOR WELL-BEING



This interplay of neural pathways and processes can be likened to a well-worn path on a trail.

The more often we perform a habit, the deeper and more established this neural pathway becomes, making it easier for our brains to follow it automatically.



## HABIT LOOP:

Our brains form habit loops, a sequence of behaviors triggered by a cue, followed by a routine, and finally igniting the reward center of our brain.

## BASAL GANGLIA:

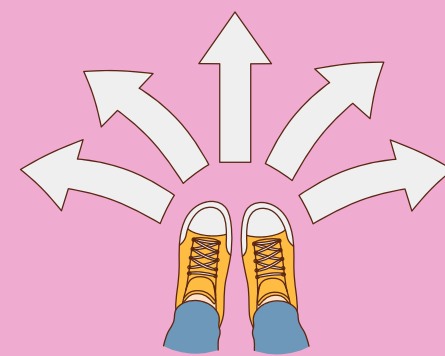
This brain region plays a crucial role in habit formation and execution. It stores and automates learned behaviors, allowing us to perform them without conscious thought.

## DOPAMINE:

This neurotransmitter reinforces the habit loop by providing a sense of pleasure or satisfaction. When we perform a habit and receive a reward, dopamine levels increase, strengthening the neural connections associated with that behavior or associated action.

## PREFRONTAL CORTEX:

While the basal ganglia automates the habit and action, the prefrontal cortex remains involved in decision-making and goal-setting. It helps us choose when to engage in a habit and when to override it.



# AWARENESS



Identifying the cue (feeling) that triggers your habit is like finding the first clue in a detective mystery.

Doesn't necessarily mean change is EASY, but it does making change EASIER when we further understand our nature for habitual actions.



# THE THREE F'S



# (FREEDOM EXERCISE)

## FEEL 01

- **Emotional connection:** How does this habit make you feel? Are there any underlying emotions or triggers?
- **Physical sensations:** Are there any physical sensations associated with this habit? For example, tension, relaxation, or discomfort?
- **Energy levels:** Does this habit drain or energize you?

## FIND 03



- **Alternatives:** What are some potential alternatives behaviors that could feed the same feeling?
- **Positive outcomes:** How would these new actions further benefit you?
- **Support systems:** Who can support you in making these changes?

## FEED 02

- **Rewards:** How are my actions feeding that feeling or bodily cue?
- **Needs:** Does this habit fulfill any underlying needs, such as a need for control, approval, satisfaction, or comfort?
- **Beliefs:** Is there an underlying belief or assumptions that feeding this feeling will make me feel a desired way?

## DIGITAL- HABIT EXAMPLES:

- Extensive Gaming
- Digital Scrolling
- Digital Media Engagement
- Online Shopping
- Streaming Content

