

5 Ways to make **NEW HABITS STICK**

The latest research from the science of successful behavioral change has taught us how to incorporate recovery, making new (good) habits in our life, and making sure they stick:

1. Adopt small (simple) habits – If we want behaviors to become a habit, they must be easy – we don't like to work hard. 'Less is more' when adopting new habits: choose one habit, maximum 2, as our brain is creating new neural connections every time we create a new habit. How long does it take to create a ritual? Some say 21 days, some say 50+ days; try to "me-search" rather than research and you will learn what works for you.

ONCE YOU HAVE ESTABLISHED ONE HABIT, ONLY THEN MOVE ON TO THE NEXT ONE.

2. Incorporate them in your day-to-day – Choose things that you don't need to bend your life around; rather they will become part of your life. It's important to embed them in your day. Put them on your calendar; this will really help you find time for them.

3. Respect your rhythm – We are all different. Each of us has his/her own body rhythm and we must respect it. You may be more of a morning person, or you may become very energized in the evening. Experiment and find out what works for you. It's good to connect a new habit to an already established habit. For example, before you brush your teeth, meditate. Or, after your morning coffee, read for 15 minutes. If you want to increase your water intake, drink a glass of water before every cup of coffee.

4. Reminders help – Use an app, a note on your laptop or fridge, or a bracelet.

5. Do it together – Doing this with others creates commitment and can be fun!

Bonus tip: Celebrate success – It might seem weird to cheer yourself up, but many studies have shown that acknowledging small successes gives you the motivation to go on.

