

The Continuum Edge

RESOURCES FOR EVERYONE

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Overcoming an unwanted habit

Well-researched strategies exist for overcoming unwanted habits (procrastination, nail biting, poor eating habits, spending, negative thinking, etc.). When you logically combine various techniques, you increase your odds of success.

THE FIRST STEP IS TO IDENTIFY YOUR TRIGGERS

Realize what prompts you to engage in your unwanted habit. Keep a diary for a few days. Note what happens the moment before the undesirable behavior happens.

Your goal is to interrupt and replace this trigger-response dynamic. Do so by substituting the unwanted habit with a healthier, more positive behavior as quickly as possible (e.g., put your running shoes on the sofa cushion where you normally sit after arriving home to remind you that going for a run is a better choice than engaging in your habit).

Track your progress and do it in writing.
This “action” sustains motivation.



Define your goal.

What will success look like, and how will you behave when you overcome the habit?



Use mindfulness techniques.

Techniques like meditation help heighten your self-awareness. This trains your brain, enabling you to spot triggers and patterns associated with the unwanted habit.



Can you find a support group?

If so, this is one of the greatest strategies to help you be successful.



Unlock available resources.

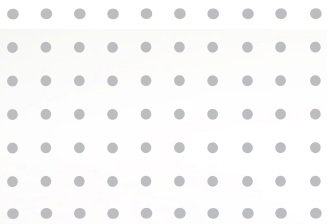
For example, if your goal is to reduce “screen time with your computer,” use apps or tools to control access to the device. Consider counseling to achieve your goal, which Continuum EAP makes easy to access.



Learn more by searching: scholar.google.com, “overcoming unwanted habits.”

CONDUCT A WORKDAY STRESS AUDIT

Small stressors can add up. Regularly assess your workday to identify stressors and make “mini-interventions” to manage them. Start by gaining awareness. Over the next few days, pinpoint demanding tasks, conflicts with colleagues, excessive workloads, tight deadlines, poor time management behaviors, lack of resources, noises, examples of poor communication and desk clutter that inhibits workflow. Then, consider how these stressors affect you. Now, find solutions to mitigate their impact. For instance, if excessive workload is a stress factor, consider delegating. Noise? Try headphones. An unresolved conflict with a co-worker — iron it out. These stressors might seem minor on their own, but when experienced repeatedly, they can impact overall well-being and productivity. By efficiently managing stress with this strategy, you will experience an improved well-being and a bit more joy at work.



COULD YOU BENEFIT FROM A STAND-UP DESK?

Could a stand-up desk be a good thing for you? By using a stand-up desk, you enjoy numerous benefits, including decreasing the amount of time sitting while warding off the related adverse health effects, improving posture, reducing strain and pain, remaining more alert and burning more calories while working, as well as increased energy and higher productivity. Benefits vary among individuals, and some jobs are more suitable than others to the implementation of stand-up desks.

Learn more: www.ncbi.nlm.nih.gov/pmc/articles/PMC8582919/

THE 101% MINDSET: ELEVATING YOUR CAREER

A 101% mindset means consistently striving to deliver exceptional performance and exceeding expectations at work. It's easier than you think, and it doesn't mean piling on a lot of extra work for yourself. But it can lead to reduced stress and big returns. Demonstrating the ability to consistently deliver 101% can indicate strong leadership potential. So, employees who show initiative, take ownership of tasks, and exceed expectations typically are considered for leadership roles or given increased responsibilities and recognition. Develop this habit: When given an assignment, identify the acceptable results desired. Then, identify the critical areas where a small extra effort can have a substantial impact on the project's success. Apply this “101% formula” consistently and watch how increased high regard for your work produces ripple effects for your career.