

## MAKING HEALTHY CHOICES: WEEK 25

# Building habits

Whether it is as a family or by yourself, creating new habits is hard. Long-term change does not happen overnight. New habits are built one piece at a time.

### It takes time

The habits you have today, whether good or bad, were not built in one day. For example, most of us do not even need to remind ourselves to brush our teeth. This wouldn't be the case if we hadn't started the habit when we were kids. Before you even begin trying to create a new habit, first accept that the outcome you want is going to take time to achieve.



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### Did you know?

Creating a habit can take up to 90 days or more so don't get discouraged!



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### Small steps

The most effective steps toward creating a habit are small ones. Try locking down one small action or thought (depending on your goal) and repeating it. Small steps can help you and your family avoid trying too much too soon. For example, if your SMART (Specific, Measurable, Attainable, Realistic and Time-bound) goal involves eating out less during the workweek, your first small step could be taking a homemade lunch once a week for the next month.

This is important because any sized failure can feel like a setback. Failing at even a small part of a new habit can zap your motivation. So start by choosing one small part of your goal and repeating it until it feels like it takes less effort to complete. Then you take another small step and repeat until you've built a habit.

### Accept the detours

Even when you are only taking small steps when building a habit or achieving a goal, every now and then you are still likely to take a step in the wrong direction. Try to view a step in the wrong direction as a detour rather than a setback. Making mistakes is how we learn. One mistake does not break a habit or stop you from building one. Instead, learn from it by pausing to think about how it happened, and then continue on in the direction you were headed.

## WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

### Broccoli Apple Salad (serves 4)

1. Slice the stem of **1 large broccoli** into  $\frac{1}{8}$ <sup>th</sup>-inch pieces. When you reach the crown, cut the florets off and slice them as thin as you can. Set aside in a bowl.
2. Cut **2 apples** in half and then cut off the core. Slice them into  $\frac{1}{8}$ <sup>th</sup>-inch pieces and mix with broccoli.
3. In separate bowl, mix the **juice of 1 lemon** (about 3 tablespoons), **1 tablespoon of olive oil**, and a sprinkle of **salt** and **pepper**. Taste and adjust as needed.
4. Pour lemon mixture over broccoli and apples, and then mix.

Recipe from Brown, L. (2014). *Good and cheap: Eat well on \$4/day*. NY: Workman.



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