

## The Science of Habits



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### What is a habit?

- A settled tendency or usual manner of behavior
- An acquired mode of behavior that has become nearly or completely involuntary
- A behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance

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### Common habits

As humans we participate in hundreds of habits everyday  
 Habits can have positive consequences, negative consequences as well as neutral consequences

**What are some common habits people engage in?**

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### Tips for Forming New Habits

Washing your hands often and for 20 seconds  
 keeping a 6 ft distance  
 Not touching your face while out in public

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### Proven techniques to help form habits

Initiation phase

- Deciding on the behavior i.e. go to the gym 2x/week
- Context for which the behavior will occur i.e. go to the gym Tue and Thur at 7 am

Find something enjoyable about the action

Make small changes and build on changes over time

Persistence

Positive and negative reinforcement – with immediate consequences

Change environmental cues

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 800-999-7222  
 Or go to our website at  
 AnthemEAP.com  
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### How EAP Can Help ...

- Face-to-face counseling sessions
- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength – Health Club for Your Mind
- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
  - Resources
  - Self assessments
  - Health/wellness library
  - Legal forms

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