

Mindfulness application to changing harmful habits: Strengthen beneficial ones. [How the Brain Forms New Habits: Why Willpower is Not Enough](#) (from the IBP seminar mentioned above by Jodie A. Trafton, PhD.) IBP = Institute for Brain Potential

Mindfulness

- Ability to experience thoughts, feelings and situations without judgment or response
- Acceptance
- Requires strong MS neurons, a sense of control over stress, and balanced assessment of reward opportunities
- Improvements in acceptance/mindfulness are associated with recovery from many disorders of overconsumption and overavoidance
- Practice in safe, pleasant circumstances to start
 - Stop and smell the roses

- Ending a bad habit is not about taking away something that provides pleasure or relief.
- It is about optimizing your life patterns so that you are as healthy and happy as possible.
- Bad habits inherently lead to poor health - physical and emotional sickness.
- Replacing bad habits with healthy habits will improve your life. But it is absolutely necessary to REPLACE your bad habits, not deprive yourself.

Triggering Health Behaviors

- Create advertising/cues for health behaviors
 - Reminders
 - Visual cues, prompts, mood cues, thought triggers
 - Scheduling
 - Plan time and opportunities for health behaviors
 - Associations
 - Create positive associations with health behaviors
 - Mindfulness can help here - notice the pleasures associated with the healthful things you are doing
 - Make it easy to do the right thing
 - Create a physical space that facilitates healthful choices