

Surrey Habit Change Challenge

Show your support on May 24 and take the challenge!

The Habit Change Challenge is a chance for you to reduce or eliminate a habit, create a healthier lifestyle, and gain understanding about substance use and people living with addictions.

How it works:

1. Choose a habit that you want to reduce or eliminate and has negatively affected your health, finances and/or time (i.e. smoking, gambling, gaming). Or choose to develop a healthy habit that would benefit you (i.e. drinking more water, exercising each day).

Choosing a habit to change may be difficult. There are usually things we like about our habits so the key is to really take the time to think about how it affects you. Ask yourself:

- Does this habit create more problems than benefits?
 - Does this habit improve my life or take away from it?
2. Follow the steps on how to add, reduce or eliminate a habit.
 3. Register to take the challenge at www.surrey.ca/habitchange and take the pledge to be entered into a prize draw.
 4. We also encourage you to use #SryHabitChange to share your challenge progress on twitter and instagram from May 24-30, 2015.

Don't forget to have fun! Challenge your parents, children, siblings, teachers and co-workers and teammates to see if they can add, reduce or eliminate a habit of their own.

ALL ELIGIBLE REGISTRANTS ARE AUTOMATICALLY ENTERED INTO A PRIZE-WINNING DRAW. FOR EACH PROGRESS UPDATE YOU WILL RECEIVE AN EXTRA ENTRY INTO THE PRIZE DRAW.



How to add, reduce or eliminate a habit:

Get clear about your reasons. Take a moment to connect with what this habit change means to you. Why this matters to you provides you with motivation.

Pick a date to start and commit to it. **The Surrey Habit Change Challenge begins May 24, 2015!**

Seek support. Having an understanding friend or ally can keep you encouraged. Reach out if it gets hard.

Plan for some withdrawal. Withdrawal simply means our bodies and minds are adjusting to the absence of something they had become accustomed to. Withdrawal can be physical, like a day of headaches without caffeine, or behavioural such as the feeling of missing a mobile device.

Surf the waves of craving. Cravings only last a few minutes and will come and go throughout the day. Over time, the waves of cravings that arise will become weaker and less difficult to surf.

Develop alternatives to the habit. It's easier to stay focused on a more positive path than to keep trying to avoid an old one.

Watch for situations and moods that might trigger a desire for the old behaviour and have a plan for it. A new routine for breaks at work, healthy activities to unwind at home, and developing ways to enjoy social occasions differently may be some examples.

Reward yourself for the changes you've made. This reinforces the change and helps to sustain it as your new normal. Consider whether this is a change you would like to keep in your life. New research shows that after about 66 days, your change will become your new routine!

Take a moment to reflect on your change process and what it took to accomplish it or what got in the way of accomplishing it.