



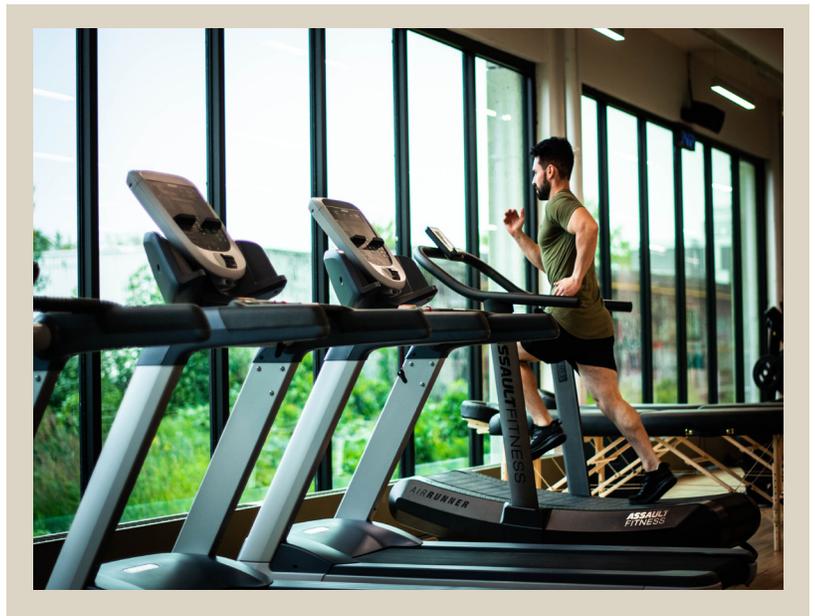
July 17, 2019

Wellness Wednesday

What You Actually Need To Change A Bad Habit

Let's say you're working toward a goal. Maybe it's to cut out junk food, budget better, or stop looking at your phone so much. Chances are, the first thing you think to yourself is something along the lines of, "OK, I just really need to eat more vegetables/save \$10,000/put down the phone after 8 p.m."

In other words, you think willpower will help you to achieve the goal. A unwavering determination will get you to the finish line. But what if willpower wasn't all that you needed? In fact, what if you didn't actually need willpower at all? As it turns out, willpower is far from positive panacea we often see it as. It doesn't always work. And what's more, we often run out of it sooner rather than later.



Often interchangeable with the term "self-control," willpower can be thought of as "mental strength or energy," explained Denise Cummins, a cognitive scientist who researches decision-making and thinking. Like physical strength or energy, willpower can be built up — but it also can be depleted.

Trying to commit to a drastic change and relying on willpower alone won't work out, Cummins said. (This helps explain why only 8% of people keep their New Year's resolutions.) That's because we often view it as something we don't have much of in the first place, which sets us up for failure. One 2010 study found that working adults and college students who believed that willpower was a limited resource were more likely to give into temptation under stress.

On top of that, willpower only works well when your motivation is high, so basically when you're just starting out, Cummins said. But as you come across more and more temptations that work against your goals as time goes on — i.e., the free pizza at work, a new purse or the lure of Instagram — your willpower rapidly starts to dissipate. Plus, temptation is literally everywhere these days.

"There's no way around the fact that as humans in today's world, we're constantly swimming upstream against countless distractions," explained Brad Stulberg, a researcher, wellness coach and author of "The Passion Paradox." "There's an ongoing onslaught of junk food and junk content, and if you're constantly flexing your willpower muscle against all those things, it's going to constantly deplete." The bottom line: While willpower can certainly play a helpful role in reaching a goal — at least when we're highly motivated — it's just not enough on its own. "Self-control" isn't the answer. Instead, there are a few ways to "hack" yourself so you can better achieve your goals, whatever they might be.

1. Adjust your environment.

“What I suggest to my clients and do in my own life is to look to see which distractions and temptations you can eliminate completely,” Stulberg said. Ask yourself: Where can you automate good decisions? How can you eliminate the option to make a bad decision at all? For instance, if you’re trying to eat healthier, it’s time to toss all the chips and candy from your kitchen. Instead stock it with healthy foods that you actually want to eat — not just carrots and celery, Cummins noted.

Want to look at your phone less often? Turn it off, and place on the other side of the room. Or delete your most tempting apps from your phone altogether, as Stulberg has done with Twitter, his social media vice of choice. Trying to save money? Set up an automatic transfer from your checking to your savings account every month so you don’t have to think about it.

2. Take a break — a real break.

If you don’t give yourself a chance to rest and recharge, you will run out of willpower. “Just as your muscles need rest in order to recover and grow stronger, your willpower needs time to recover as well,” Stulberg explained. Especially in our world that’s so full of distractions, it’s essential to schedule in time away from it all, he said.

Take a real vacation where you can unplug and disconnect, or even just a daylong staycation somewhere peaceful. “Research shows that after spending a day in nature or doing something you enjoy, willpower tends to replenish,” Stulberg said. Cut yourself some slack in areas of your life where you’re not trying to exert your willpower. “Pick one or two things to work on, but then give yourself some space — don’t take on multiple challenges,” Stulberg said.

3. Revisit your “why.”

If you feel like you’ve lost sight of your overarching goal, consider it a sign that it’s time to reset, Cummins said. If you can’t remember why you really want to save money or why working out is important to you, you won’t be nearly as motivated to do it. Practicing visualization can help here. Essentially, you should imagine, in specific detail, those bigger goals.

“This allows you to reinitialize your motivation and crystallize those goals again, so they become very clear and real again,” Cummins said. If you have an active imagination, you may be able to just conjure up those goals in a real, detailed way in your head. You may also try to Google the things you have in mind — a stronger deadlift, a fancy vacation, whatever it might be. “You can simply immerse yourself in those images that come up; you don’t have to generate them yourself,” she said.

4. Find a support team.

You’ve probably heard tips like “set a due date,” “mark it in your calendar” or “share your goal with others.” But the real trick to staying accountable is to have people alongside you, supporting you along the way. “Whatever your goal is, doing it with people who you can get vulnerable with and who you trust will hold you accountable can make a huge difference,” Stulberg said. If you can’t rely on a support team in person, look online to find free support groups, and go from there, Stulberg suggested.

5. Be kind to yourself, especially when you slip up.

The old adage “To err is human” holds true. You’re going to fail sometimes, and it’s important to be nice to yourself when you do. “You’re still human, you’re still going to struggle,” Stulberg said. If you mess up or give into temptation, don’t beat yourself up about it — just forgive yourself and move on. “Research shows that the more you judge yourself, the more likely you are to engage in that same behavior again, creating a vicious cycle,” he added.

Article source: <http://bit.ly/2NECllr>

This Week's Exercise

RENEGADE ROWS



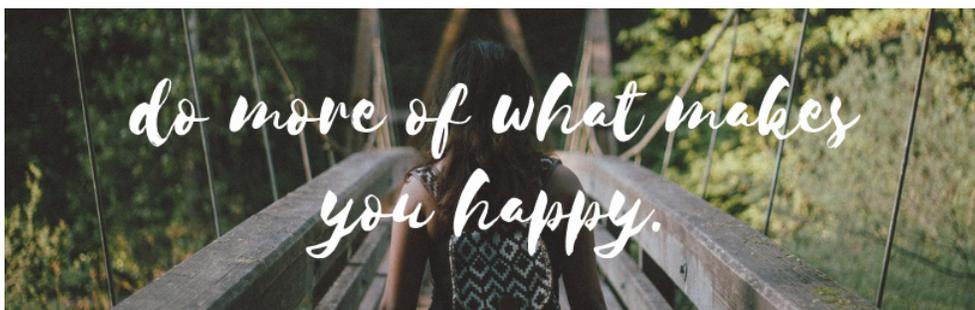
HOW TO DO IT:

THIS IS A GREAT EXERCISE TO NOT ONLY CHALLENGE ALL OF YOUR BACK AND BICEPS BUT THE FRONT OF YOUR SHOULDERS, TRICEPS AND ESPECIALLY YOUR CORE AS WELL.

1. START OFF IN A PUSH-UP POSITION WHILE HOLDING A KETTLEBELL UNDERNEATH EACH SHOULDER.
2. POSITION YOUR FEET A LITTLE WIDER THAN SHOULDER WIDTH APART. ALTERNATE PULLING ONE KETTLEBELL AT A TIME UP TO THE SIDE OF YOUR RIB CAGE.
3. ADD A CHALLENGE BY DOING A PUSH-UP IN-BETWEEN EACH PULL. HOWEVER, BE VERY CAREFUL IF YOU'RE USING SMALLER KETTLEBELLS, AS THIS DECREASES THEIR SURFACE AREA AND YOUR ABILITY TO BALANCE.

Source: <http://bit.ly/2NHG3QE>

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



GRILLED VEGETABLE PLATTER WITH YOGURT MINT SAUCE



Ingredients

1 cup 0% Greek yogurt
1/4 cup fresh chopped mint, divided
2 cloves minced garlic, divided
1 teaspoon extra virgin olive oil
salt and black pepper

Vegetables:

2 large red and orange color bell peppers, seeded and cut 1" pieces
1 red onion, sliced into 1/4" thick rounds
1 pound asparagus, trimmed
1 yellow squash, sliced diagonally 1/4" thick
1 large zucchini, sliced diagonally 1/4" thick
2 tablespoon extra virgin olive oil
2 tablespoons lemon juice
1 teaspoon dried Zataar seasoning
1/2 teaspoon kosher salt
1/4 teaspoon pepper

Directions

1. Combine yogurt with half of the mint, half of the garlic, 1/4 teaspoon salt and black pepper. Transfer to a small serving bowl. Swirl in 1 teaspoon olive oil on top and garnish with more mint.
2. Heat the grill or grill pan over medium-high heat. When ready oil the grates.
3. Toss the vegetables in a bowl with olive oil, lemon juice, remaining garlic, zaatar, 1/2 teaspoon salt and black pepper, to taste. Grill the vegetables turning occasionally, until lightly charred, about 6 to 10 minutes. Arrange on a platter with the mint yogurt sauce. Sprinkle with remaining mint.

Nutrition Information

Serving: 1/4th of recipe
Calories: 196
Carbohydrates: 21g
Protein: 11g
Fat: 9.5g
Saturated Fat: 2g
Cholesterol: 6.5mg
Sodium: 167.5mg
Fiber: 6g
Sugar: 10g
Freestyle Points: 4
Points +: 5

Recipe source:

<http://bit.ly/2NFFU4V>