

# Beat Unhealthy Habits and Live Better in 2015

Another year is starting, which means New Year's resolutions are a common theme. The new year can be a time for setting goals and making plans, a time to continue long-term goals you began the year before, and a time to reflect on the previous year. It's a time to see what you can do differently in the year ahead.

Whether you are trying to lose weight or have goals of being more financially stable, resolutions can be hard to keep. When your resolution involves kicking a bad habit such as smoking or drinking, it can be even harder to accomplish. Here are some ways you can take control and beat unhealthy habits.

## Be Realistic

When you're used to doing things a certain way, it's difficult to change that routine, especially when unhealthy habits are involved.

For example, if you've been smoking three packs a day for 10 years, you can't expect to be a nonsmoker in a week. It's going to take time when you're used to a large number of cigarettes each day. Gradually cut back on how many cigarettes you smoke in a day. As you start getting used to the change, it will be easier to give up the habit.

Incremental goals will make it easier to quit, and you won't be as tempted to go right back to smoking.

## Cut Out Drugs and Alcohol

When you're addicted to substances like drugs or alcohol, it's going to take a lot of work to stop. The key thing to remember

is that nothing happens overnight. It takes a conscious effort to keep moving forward when you're trying to quit.

The first major step is committing to stop using the substance. From there you can start focusing on a plan that will help you overcome the addiction. While temptation will be all around you, having a serious will to quit is going to help you accomplish your goal.

## **Burn Off Pounds**

Like any other habit you're trying to break, losing weight takes work. You can't snap your fingers and expect your problem to be solved

There are different ways you can go about losing weight, with diet and exercise making the top of the list. The task seems easier for some than it does for others, but with the right attitude you can make it happen.

One thing you can do is eat from smaller containers. Whether you mean to or not, the larger the bowl, the more you may consume, sometimes without even realizing it. This can add up fast. Also, never skip breakfast. This will cause you to eat more later on and in no time, you're overeating and gaining more weight. This will undermine your goal.

## **Stick to Your Guns**

Make those goals work for you this year by having a sensible attitude and a plan of attack. This could make all the difference for you in the new year.

*Sources:*

- *7 Tips to Kick Bad Habits for Good* – Cleveland Clinic
- *Alcohol Rehab Treatment at 12 Keys Recovery Center* – 12 Keys Recovery

- *9 Bad Eating Habits and How to Break Them – Every Day Health*