

UNC Wellness Centers

Talk to Me Tuesday!
3 Simple Strategies to Build New Habits



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5/20/20

Why Habits are Important?

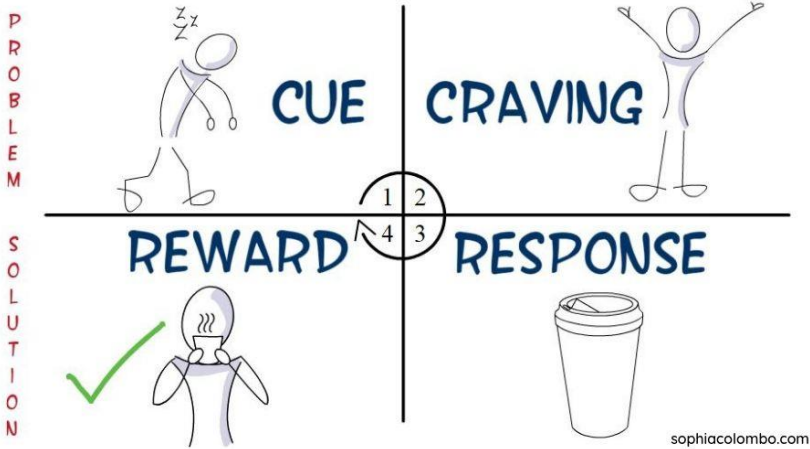
"Are your behaviors matching your goals?" - Dr. John Berardi.



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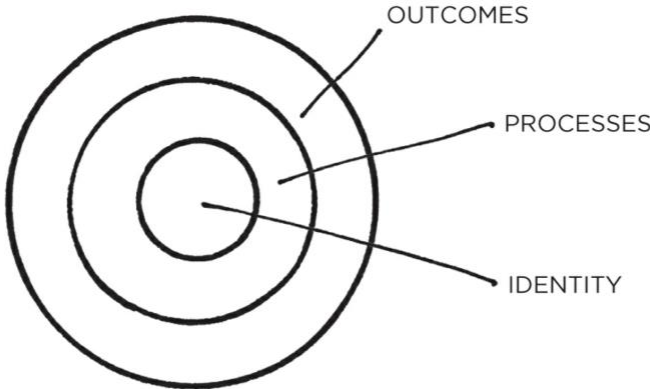
What are Habits?



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THREE LAYERS OF BEHAVIOR CHANGE



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3 keys to behavior change

Direct the rider

- give clear direction,
reduce mental paralysis

Motivate the elephant

- find the emotional
connection

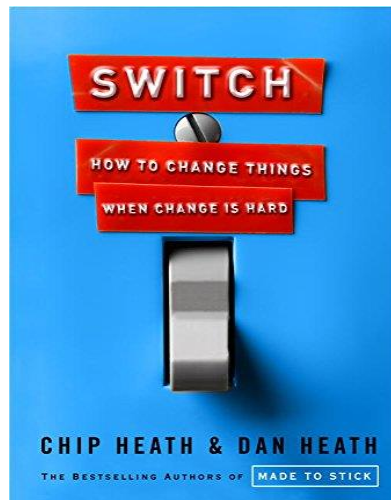
Shape the path

- Reduce obstacles, tweak
the environment, make
the journey go downhill



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<https://www.youtube.com/watch?v=zblNOS7MxFc>

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Breaking a Habit



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Commitment Device



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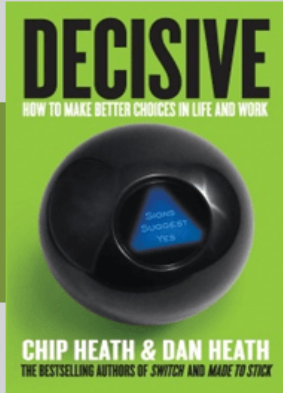
Shaping your Environment



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Decision Fatigue



DECISIVE

Book Summary

"We can't control the future, but with some forethought, we can shape it."

- Chip Heath & Dan Heath



What type of person do you want to be?



We want your Feedback!



1. Using the chat, please provide an overall rating of today's session:

5-Excellent 4-Very Good 3-Good 2-Fair 1-Poor

2. What are some specific ways we could improve the sessions?

3. What future topics would you like to see?