



Managing Behavior Change

"I want to change but can't." "I know what I need to do! I just can't seem to make the changes!"

Sound familiar? You are not alone; it is very common to want to change but feel like you are not able to, or that you are not making progress. Prioritizing your fitness can help prevent ill health and give you the best possible chances of living a long, happy life. But behavior change doesn't just happen overnight, and you may struggle to maintain the changes you want to see. Implementing the below tips may help you to adopt and maintain a healthier lifestyle.

Be aware. Behavior change requires self-awareness. You must first recognize the behavior that needs changing before you can act on it.

Be honest. Self-awareness and honesty go hand in hand. Aim to be open and willing to admit to a behavior pattern you are finding hard to break. For example, you may wonder why you cannot sleep at night, choosing to forget all the caffeine you consumed throughout the day, or how late you stayed up online on your device before bed. Getting input from a trusted friend or a therapist may help you see your blind spots and move you a step closer to change.

Set realistic goals. 'SMART' goals are specific, measurable, attainable, realistic, and time measured. Having smart goals keeps you realistically achieving your goals without setting yourself up to fail.

Acknowledge when you need more help. If you feel you've tried everything available to you and are still not able to maintain consistent behavior change, you may need more help from a professional such as a therapist, nutritionist, support group, life/health coach, or mental health team. Don't beat yourself up for needing more help than you anticipated; humans are not made to do things alone.

Be patient with yourself. As with any behavior change, it takes time to adopt a new habit. Science has discovered that our brains can change as we age, and we are able to change the brain's pathways through repetition of behaviors.

Health and happiness go hand in hand and making small changes can help improve both. For more support and resources, scan the QR code or contact Caterpillar's Global Employee Assistance Program at **+1-866-CAT(228)-0565** or online at [CaterpillarEAP.com](https://www.caterpillar.com/eap).



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