

STRESS & ANXIETY RELIEF

humour and helpful tips to enhance your life

THE TED TALK THAT CHANGED MY LIFE

Breaking bad habits is not only possible, but also way simpler than you think.

By David Liira, Kin.

No one is fully exempt from bad habits. They're a large part of the human condition because, heck, life is stressful and unpredictable. Take a moment and reflect on your own journey. What is your battle? Is it smoking? Emotional eating? Self-judgment? The truth is, we're all going through something, whether it's life-threatening or surface level.

I've been battling with several of my own habits for years, and I'm finally experiencing some breakthroughs. Why? I watched a ten-minute Ted Talk that transformed the way I not only approach my habits, but my overall perspective on life as well.

If it sounds too good to be true, it's not. This may be the most life-changing paradigm shift available to you right now, and it won't even cost you a penny. Without further ado, introducing the *superpower of curiosity*.

Exposing The Formula for Bad Habits

Judson Brewer's 'A Simple Way to Break a Bad Habit' Ted Talk brings a refreshing perspective to the battle against bad habits. Being a psychiatrist and neuroscientist, he's invested over 20 years into researching how our brains form negative behavior patterns and addictions. All of that time has culminated into a surprisingly simple discovery that has the potential to change the way we operate.

"We're constantly fighting the evolutionary conserved learning processes currently known in science as positive and negative reinforcement." — Dr. Judson Brewer.

One could argue that every single one of our bad habits comes from a lack of evolutionary adaption to our 21st century environments. Back when we were hunters and gatherers, we'd see food, eat food, feel good, and then remind our brains where we found said food as a conservation strategy. This is the fundamental process of every habit we form: trigger, behavior, reward.

The root of every habit can be simplified into a trigger, behaviour, and reward.

The problem with this cycle is that we've 'outsmarted' the system in our modern day. Instead of listening to physiological cues and responding accordingly (experience hunger, find food, eat food, feel good), we've adapted it into a stress response. This means that we also listen to our emotional brain when triggering behaviors. It's the same process, but just with a different, more costly trigger.

"We've gone from learning to survive to literally killing ourselves with these habits." — Dr. Judson Brewer
The result of these emotionally-charged behavior triggers is quite disastrous for humankind. Take overeating and smoking, for example, two of the most prevalent 'bad habits' in our society. Smoking, obesity, and cardiovascular disease are among the leading killers in the last 100 years, and they all have one thing in common: they're extremely preventable. Sure, there are unavoidable factors at play (such as genetics, prenatal influence, etc...), but the majority of major health conditions can be attenuated by positive



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