

# Employee Assistance Program

*Promoting a Healthy Well-Being  
for You and Your Family*



## New Habits in 30 Days? Yes, It's Possible!

Can anyone create a new healthy habit in 30 days just by repeating the desired behavior each consecutive day without skipping a day?

Although this strategy is still largely considered a myth with a dose of truth packaged as wisdom, the idea of creating a new habit in 30 days has been exhaustively recommended by leaders in self-improvement psychology.

If you try it, be sure to include two important factors beyond your desire for success. The desire to be successful is less important than planning and then implementing the repetitive plan. Wanting the change badly enough is of course important, but action is the key. The other factor is the ability to “recover” quickly from a setback or a straying from your plan.

These two factors in combination predict how successful you will be with the “30 days to a new you” strategy. Now get going!

## Tame Your Dental Fears

Does the mere idea of visiting a dentist send chills down your spine? If so, you've got company. Up to half of us have at least some fear of visiting the dentist, and about 10 percent of us fear the dentist enough to postpone or avoid treatment.

Easing fear of the dentist can come down to a matter of trust. Choose your dentist with care. Start by asking family and friends for suggestions, and ask how their dentist puts them at ease.

When dentists can explain what they're doing it can help ease the fear and anxiety of the unknown and the feeling of a loss of control.

Discuss your fears with the dentist. If they know you're bothered by noises or smells or feel claustrophobic, they may be able to help. If your dentist doesn't have a TV or radio, bring your earbuds so you can listen to relaxing music.

When scheduling appointments, consider times when you'll feel less pressure like early morning or a Saturday.



## Stop Second Guessing

Should you buy a red car? Should you eat the somewhat questionable leftovers in the fridge? Every decision we make leads to change, and sometimes being responsible for that change is scary. So what do we do? We start second guessing those decisions, and that self doubt can lead to feelings of anxiety.

How can we stop ourselves from second guessing and let the process of change unfold more smoothly?

- **Trust yourself.** Making a decision might push you to grow in new areas, and that's likely uncomfortable. But you made that decision for a reason, so put some faith in your choice and in yourself.
- **Choose a new thought.** Stop giving power to your self doubt. Remind yourself that you are learning and growing while you events unfolds.
- **Assess what you're learning.** If you could go back in time and make a different decision, would you? If not, congratulations! If so, it's fine because you learned something new and can apply that knowledge to your next situation.
- **Get comfortable with mistakes.** Time gives us an opportunity to things we think we may have messed up. There is power in simply letting things go and deciding to re-evaluate them at a future date.
- **Go easy on yourself.** You're not who you were yesterday and you're not who you'll be tomorrow. We're always evolving.
- **Embrace your decisions and celebrate the changes.** Life's a journey with many learning opportunities to experience.