

# What are the different triggers of habits?

Habits are defined as actions that are triggered automatically in response to contextual cues that have been associated with their performance.

## 1. Time of Day



Many of our habits are tied to specific moments throughout the day. For example: After waking up in the morning we may go to the bathroom, take a shower, brush our teeth etc.

## 2. Other People



The people in your surroundings have a huge impact on your habits and behaviors. When around certain people, you may more likely to engage in certain activity

## 3. Location



Many of our habits can also be triggered by the environment you are in. Often times, our habits are often a response to the present location. Example: Eating junk food when watching TV in your living room.

## 4. Internal States



Some habits are also be triggered by our emotions. We might go for a walk if we are stressed or we might look at our phone when we are bored.

## 5. Preceding Events



Habits are also triggered by events that happened. For example: We might pick up our phone when it vibrates or putting on your seatbelt after entering your car.

Habits are a crucial part of our daily lives as they shape our behaviors, attitudes and cognitions which greatly influence our mental and physical health