

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 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