



Your Daily Practice

Episode 50

Five Mental Habits That Will Make Your Life Better
With Dr. Diana Hill

We often focus on behavioral habits like exercising more or quitting drinking in the New Year. In this first episode back, Diana Hill takes a fresh look at habits. How are mental habits playing a role in our well-being and which mental habits are most beneficial? We explore the science of habit formation and unpack 5 research backed mental habits that will prepare you to make big changes in your life, while growing your happiness, resilience and meaning. This episode is hands on with lots of tips you can apply right away.

Practices to try this week:

Make self-compassion a habit. Replace your self-critical habit with:

- Soothing rhythm breathing
- Softness and warmth
- A compassionate inner voice

Make being present with gratitude a habit. Replace worry and mind wandering with:

- Noticing your tendency to mind wader
- Getting present
- Refocusing your attention gratitude for something in this moment

Make interoceptive awareness a habit. Replace tuning out, controlling or fixing your inner experience with:

- Tuning one-eye-in and one-eye-out
- Appetite awareness
- Moving from the inside out

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Make letting go a habit. Replace resistance with:

- Find a phrase that reminds you to let go (e.g., it is what it is)
- Make a list of what you can and what you can't control
- Let go with your physical body

Make knowing what matters most a habit. Replace avoidance with

- Turning toward what you are avoiding because it's important to you
- Noticing choice points
- Practicing flexible perfectionism