

Resolutions Suck: Simple Habits Win!

Module 2: KISS- Keep it Stupid Simple



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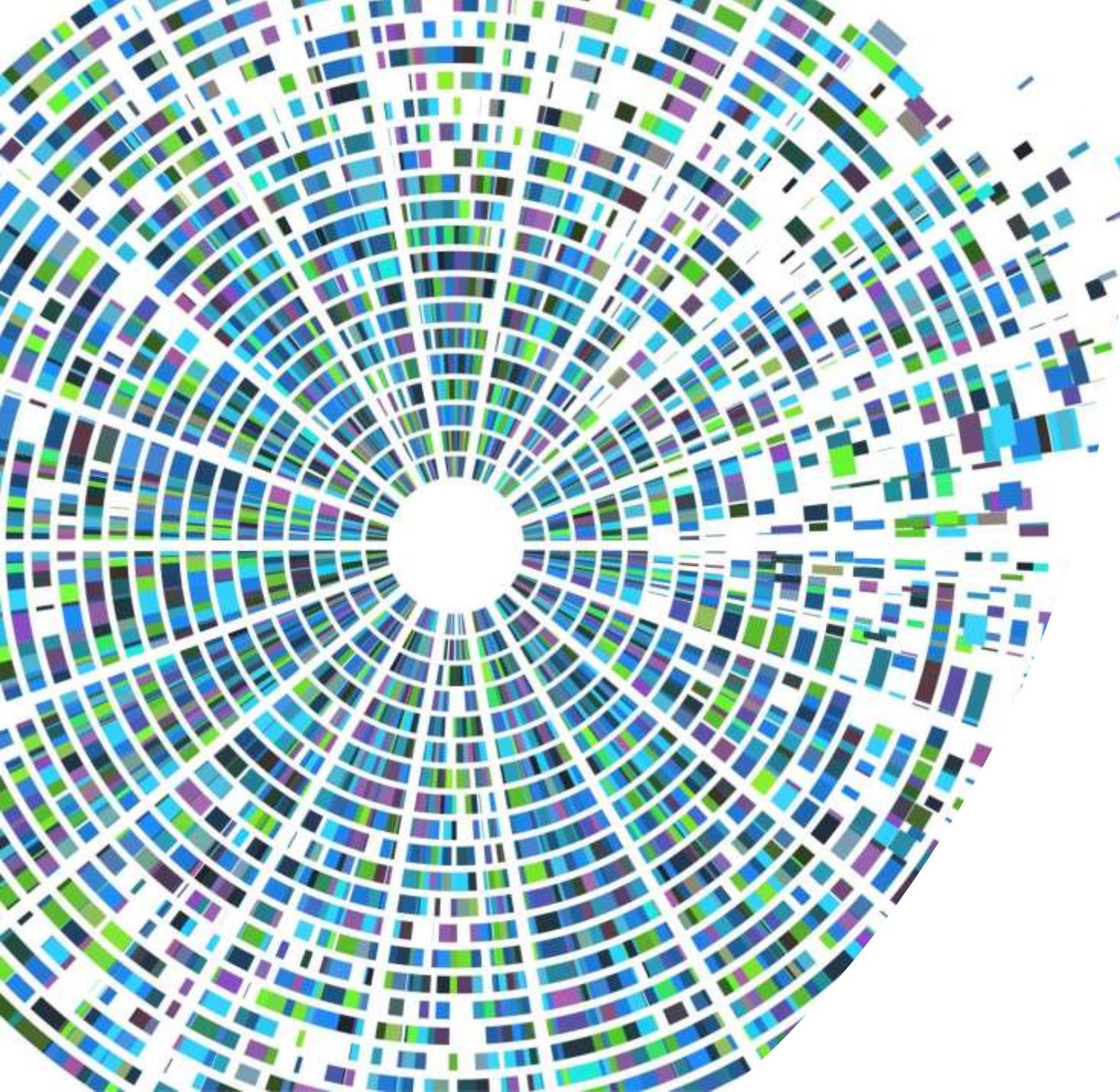
Accessible Yoga Ambassador

About Sharon Byrnes

*Sharon is a yoga therapist and Vibrant Aging Coach specializing in the issues of brain and body wellness, vibrant aging, pain-free movement, and living a balanced life!. She has a Masters degree in Health & Physical Education from Miami U., Oxford Oh. and a second Master's in Specific Learning Disabilities from Xavier U. in Cincinnati. Sharon is certified by the International Assoc. of Yoga Therapists, and she is a senior teacher for Svastha Yoga and Ayurveda. Sharon is also an 'Accessible Yoga Ambassador.'

- Sharon teaches, and consults about vibrant aging practices for brain and body, improving self-care to maintain independence, and simple steps to increase strength, agility, flexibility and vitality **online** or at The Yoga Groove in Cincinnati.
- Her meditation "TLC for the nervous system" (available as audio or video) is an antidote to anxiety and depression that can be freely accessed at www.vibrantaging.life

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Centering

Centering helps us to be present

Let's do a centering warm-up: "Row, row, row, the boat"



*The vestibular system loves movement

*The brain loves rhythmic organization

*Singing
(an aerobic exercise)
releases endorphins



*Moving from our "center" of mass is stabilizing, calming, & grounding

*Aligning with gravity eliminates stress on joints while improving posture

Directions for slowly rowing your boat

- 1. Stand with feet hip's width, close to parallel
- 2. Step R. foot comfortably back with leg/foot turned out a bit
- 3. Begin shifting weight slowly back and forth.
- 4. Allow the breath to be easily inhaling (forward shift) exhaling (back)
- 5. Now, place an imaginary paddle/oar into the water diagonally forward of the L. (back) foot.
- 6. Hold the oar with both hands as you inhale & shift forward, then exhale, to shift back.
- 7. You are giving positive energy while shifting forward, receiving energy from others & the universe when shifting backward.

What we have been exploring: Review

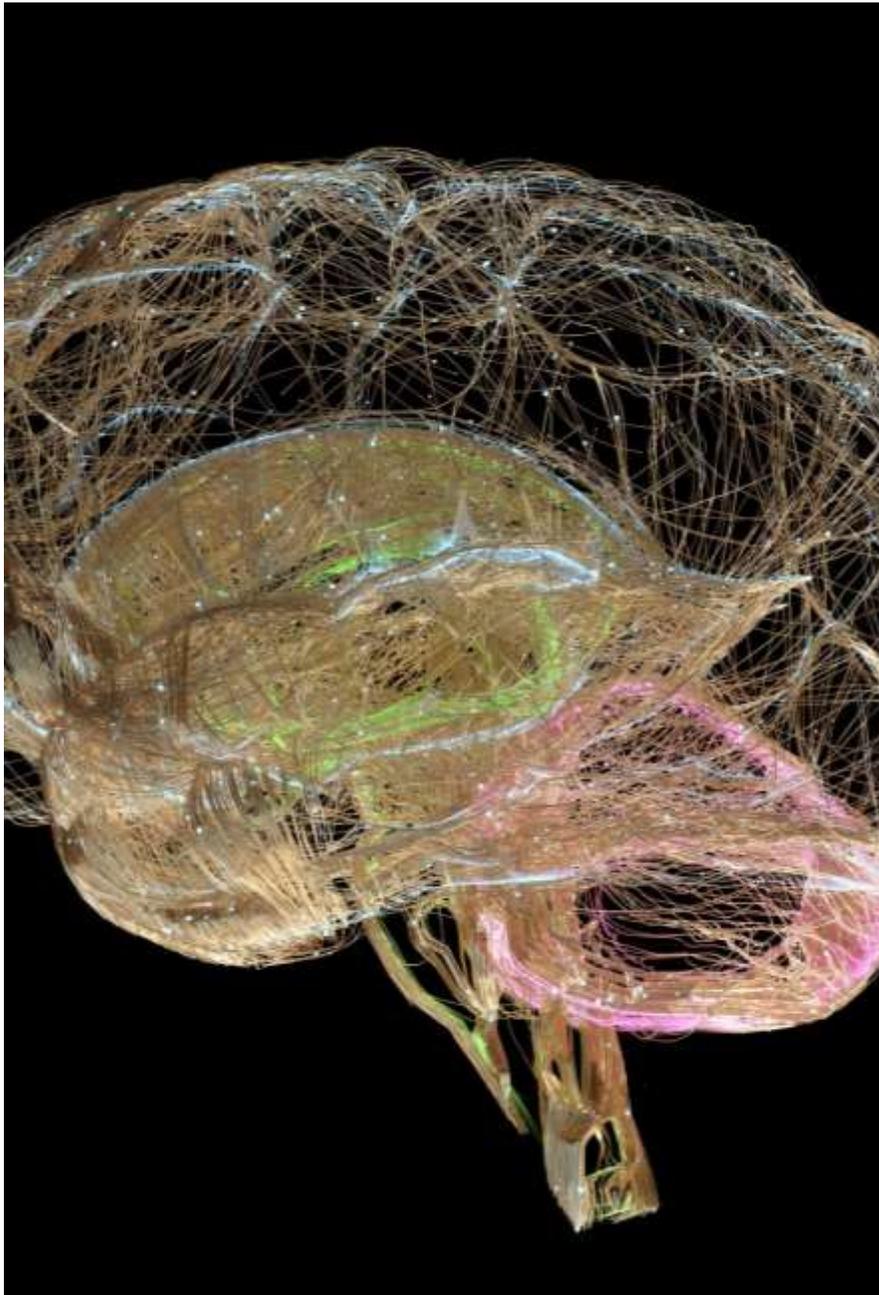
- How to implement new habits so that they stick
- From research we can **learn HOW HABITS WORK***
- **Then we can apply what we Learn**

Motivation initiates action toward a desired goal.



The Brain's preferences & effect

- Our brain likes to maintain the status quo, and can be threatened by change
- Staying in the “comfort zone,” (even with unhealthy/dangerous habits like addictions, abusive relationships; etc.) can be a conscious, but usually subconscious decision
- Emotion is a powerful factor: Incoming data from the environment passes through the Amygdala where a decision is made whether to send data to the Limbic (emotional center) or the Cortex (thinking center/executive function)



The Limbic System (Hypothalamus, Amygdala, Thalamus, Hippocampus)

- The **emotional center** of the brain (83% of brain mass)
- During (or anticipating) a threat situation, the cortex is left out, causing all reactions to come directly from the limbic system
- The amygdala stores & is highly charged with emotional memories
- Memories can cause a fight/flight reaction...or a RESISTANCE to change
- Emotional triggers that associate with positive outcomes make forming a new habit appealing 😊 ...Make YOUR habit **FUN!!!**

New Habit Development***

- 1. Identify the desired habit you are willing to develop BE SPECIFIC
- 2. Chop it down / split it into its smallest components
- 3. Choose 1 tiny, actionable habit...keep it small!
- 4. Choose something you are willing to share within our class
- Clear's example in his book, Atomic Habits: "If you want to get stronger, your goal might be to do 20 pushups a day. That's a lot! But breaking it down to 2/day, then braking that down to 2 wall pushups/day is very do-able;-)"

Our Goals / Desired Habits:

- Get stronger Mind/Body- Lifting weights & journaling (2)
- Increase ankle strength- Add non-assigned PT exercise into Assigned PT exercises (5 min./day)
- Increase hydration- Starting with two 10-ounce glasses/day
- Declutter my day- Spend a minimum of 1 hour/day on tasks
- Read for pleasure daily- Every afternoon or evening read 10 min./day
- Increase health through better food choices- Eat 1 fruit/veg snack/day
- Move more- 10 minutes of yoga on 5 days
- Keep a clean sink- Unload dishwasher every morning
- Read every day- Start with 3 minutes
- Increase core strength- do 10 leg lifts/side daily
- Improve sleeping habits



Discussion

- How are you doing- progressing?
- Were you able to follow James Clear's advice to "Keep it stupid simple?"
- What about consistency. Did you do what you intended to do **every** day?
- Why or why not?

Accountability
is essential!

Journaling how you FEEL, not just whether or not you followed through

Calendar (KISS) or daily planner

SHARE your intention with someone else

Look for
something
that is EASY
to do



AVOID MORE CHALLENGING
OR OVERLY BROAD GOALS. WE
WANT SUCCESS- NOT FAILURE!



MORE SUCCESS = MORE
MOTIVATION



MORE MOTIVATION = MORE
SUCCESS!



Feeling successful is
good for the heart!



Make it F U N !!!

- Motivation ebbs and flows,
- create an environment to make it stick
- Keep it easy by eliminating unnecessary steps
- Have what you will need accessible, immediate, visible



Make it REWARDING...NOW!

- **Add a reward mechanism**
- Praise yourself for your accomplishment
- Report your success to a friend
- Give yourself a sticker or draw a star on the calendar every day that you accomplish your new habit 😊

Habit Stacking or Prompts



What is Habit Stacking?

Attaching a NEW habit to an established habit, either right **before** or **after**, increases the likelihood that the new habit will stick!

Create a RULE:

For example- Always practice balance *while brushing teeth ;-)*

Always clip toenails **AFTER** bath or shower

Always wash hands **BEFORE** eating anything

Module 2 Homework Assignment:

Determine a reward that is:

- Motivating
- Simple to do
- Immediate
- Accessible and available

Create a Rule:

- Attaching the NEW habit to an established habit, either right **before** or **after**, to increase the likelihood that the new habit will stick!

Let's discuss the possibilities ;-)

References & Resources

“Atomic Habits” by James Clear

Brian Johnson’s “Philosopher’s Notes in Optimize”

Michael Landau’s “Habit Creation Challenge”

[Svastha Yoga & Ayurveda](#)

Health & Total Wellbeing

“The goal of yoga is Svastha, the state of complete wellbeing and inner peace.” A. G. Mohan and Indra Mohan

“My Boomer Brain” newsletter and blog by Patricia Faust

Thank you for attending!

Q & A

