

# Eduhealth Bupa Healthcare Talks: Creating Healthy Habits



## How can we turn a New Year's Resolution into a lasting routine?

In this talk we'll explore the science of behaviour and why we can find it difficult to create new habits. It also provides five top tips for making a new behaviour become a long-lasting habit.



### Topics covered:

- What is a habit and what does it mean for our behaviour?
- How to form a habit
- Making habits stick – a five step process for success

**Scan the QR code to sign up for the talk:**

**Date:** 29<sup>th</sup> January | **Time:** 2 pm | **Online**

Delivered by Bupa wellbeing specialist with expertise in workplace resilience and mental health

