It’s that time again – a new year, a fresh start. Time to break bad habits and take action for a healthier you. Are you ready to give it a go? Get started with some tools to help kick those bad habits and stick with healthier ones.

**Kick bad habits**

Physical cravings (for food, cigarettes, caffeine) and emotional stress (feeling down or upset) can trigger bad habits. It’s hard to kick the habit if you don’t have a plan for dealing with cravings and stress. Try these tips:

- **Put your mind to it.** Be clear about what you want to accomplish, write it down and visualize yourself reaching that goal.

- **Be realistic.** Start with small goals and work up to bigger victories.

- **Be brave.** Take a leap out of your comfort zone. If you feel like giving up, remind yourself “this is going to be worth it.”

- **Tell people you’re trying to break a habit.** Saying it out loud will strengthen your commitment to follow through. If they know what you’re doing, friends and family can be supportive, or even join you in making healthy changes.

- **Start new healthy habits.** If you stop an unhealthy routine, be sure to replace it with a healthy one. Trade a nightly bowl of ice cream for a bowl of fresh fruit. Doing so can help you stay on track.

**You can do it**

Rally support with friends and coworkers – or online via social media – and share stories about what works. For quick resources on popular New Year’s resolutions and how to stick with them, go to [usa.gov](http://usa.gov) and search “New Year’s resolutions.”