Norfolk County Council
Public Health

Create healthy habits using cues

Here we've provided two main approaches to end an unhealthy habit. We encourage you to consider which would work best for you:

1. You could consider changing the cue or trigger (instead of tea, drink water instead)
2. You could change the way you respond to a cue (instead of reaching for a biscuit when stressed, eat fruit instead).

Take a moment to think about the cues in your environment.

Think about positive cues as well as negative cues you could change to help you eat more healthily.

We've provided the statements below for you to fill in with your own cues and responses.

1. Replacing or changing the cue (or trigger)

Existing cues which I already have in my environment are:

New cues to trigger healthy eating habits which I could add to my environment are:

Cues that trigger unhealthy eating habits that I could remove from my environment are:

[ ]

2. Change the way you respond to a cue (or trigger)

Replacement food/s I could eat after experiencing a trigger (which normally makes me reach for unhealthy snacks) are:

[ ]

Replacement activities I could do after experiencing a trigger (which normally makes me reach for unhealthy snacks) are:

[ ]

Something positive I could tell myself after experiencing a trigger (which I did not give in to) is:

[ ]