



BREAK THESE BAD HABITS

5 SURPRISING WAYS YOU'RE SABOTAGING YOUR WELLBEING

Video Series

Welcome

I am Petra Brunnbauer, the Creator of the Jōrni, and a passionate advocate for holistic wellbeing and mental health. Over the years, I've worked with many clients, helping them achieve a more joyful and healthy life.

Through my experience, I have learned that some things we inadvertently do can have a huge ripple effect on our mental and emotional wellbeing. I'm excited to share my knowledge and expertise with others who are seeking to turn those negative habits into a positive force for a more fulfilling lifestyle.

I live on the west coast of France and have a cheeky cat who keeps us on our toes! In my free time, I enjoy reading, and sipping on a cup of my favorite tea, Earl Grey.

I truly believe that holistic wellbeing can be life-changing, and I look forward to helping you break the habits that might be sabotaging your wellbeing.

Petra Brunnbauer



INTRODUCTION

In this guide, learn to break habits impacting your wellbeing with actionable steps.

HABIT 1

Sitting too much

HABIT 2

Neglecting mental health

HABIT 3

Not having a creative outlet

HABIT 4

Holding on to grudges

HABIT 5

Negative self-talk

RESOURCES

Discover the variety of free resources available from the Jōrni



How to use this Interactive Guide



This guide is designed to help you break bad habits that are negatively impacting your health and wellbeing. For each of the five habits covered in this guide, we've included three actionable steps that you can take to start breaking the habit and improving your wellbeing.

In addition to the guide, we've also included five videos that provide more in-depth information and practical tips for breaking each habit. To access the videos, simply scan the QR code or visit <https://thejorni.com/5-surprising-ways-sabotaging/>

We recommend watching the videos in conjunction with reading this guide, as they provide additional insights and strategies for breaking each habit. Remember, breaking bad habits takes time and effort, but the rewards are well worth it.

If you have any questions or need additional support, please reach out to us. We're here to help and support you on your journey towards better health and wellbeing.

Introduction

This guide has been specifically designed to help you identify and break bad habits that are negatively affecting your wellbeing. Each of the five habits we've chosen to cover in this guide can have serious and long-lasting effects on your health.

In this guide, we'll be discussing the impact of habits such as sitting too much, neglecting mental health, not having any creative outlets, holding onto grudges, and negative self-talk. We'll help you understand how each habit is affecting your wellbeing, and provide you with practical tips and actionable steps to break them.

Remember, changing your habits takes time and effort, but the rewards are worth it. By taking action and implementing the steps outlined in this guide, you'll be making positive changes to your life that will improve your health and overall wellbeing.

Thank you for downloading this guide, and we hope that it provides you with the guidance and motivation you need to start breaking these bad habits and improving your health.



HABIT 1

Sitting too much



Sitting for long periods is a common habit that many of us have. Whether it's at work, at home, or during our daily commute, we spend a lot of time sitting down. However, this habit can have serious negative impacts on our wellbeing.

Sitting for long periods can lead to a decrease in metabolism, which can make it harder to maintain a healthy weight. Additionally, sitting too much can increase the risk of chronic diseases such as heart disease, diabetes, and cancer.

Sitting for prolonged periods can also negatively impact your spine. When you sit for long periods, you may experience poor posture and alignment, which can lead to strain on your back and neck muscles. Over time, this can cause pain and discomfort, as well as potentially serious spinal issues.

A sedentary lifestyle can have negative impacts on your mental health. Studies have shown that people who sit for long periods are more likely to experience anxiety and depression than those who are more active. This could be because prolonged sitting has been shown to negatively impact brain function and neurotransmitters, which can affect mood and emotional wellbeing.

Sitting too much can also impact your sleep quality. People who sit for long periods tend to have poorer sleep quality and may experience more sleep disturbances, likely because a lack of physical activity can disrupt circadian rhythms, which can impact sleep patterns.

3 Action Steps

1

Take breaks to stand and stretch: Set a timer to remind you to stand up and stretch every 30 minutes or so. This will help to improve blood flow and reduce the negative effects of sitting for long periods.

2

Use a standing desk: If possible, use a standing desk or a desk that allows you to alternate between sitting and standing. This can help to reduce the amount of time you spend sitting down and increase your overall movement throughout the day.

3

Incorporate movement breaks into the workday: Take short breaks throughout the day to move your body, such as going for a walk or doing some stretching exercises. This will help to break up the time you spend sitting down and improve your overall health and wellbeing.

HABIT 2

Neglecting mental health

Neglecting your mental health can have serious negative impacts on your overall well-being. When you neglect your mental health, you may experience increased stress, anxiety, and depression. Over time, these feelings can become overwhelming and have a negative impact on your physical health as well.

Research has shown that neglecting mental health can lead to a range of negative health outcomes. For example, neglecting mental health can increase the risk of chronic diseases such as heart disease, diabetes, and cancer. This may be due to the fact that stress and anxiety can impact immune function and inflammation, which can contribute to the development of chronic diseases.

In addition, neglecting mental health can negatively impact cognitive function, including memory, attention, and decision-making. This can have a significant impact on daily life and may lead to increased stress and anxiety.

Finally, neglecting mental health can also impact sleep quality, leading to increased fatigue and a decreased ability to cope with daily stressors. A lack of sleep can also have negative effects on physical health, including an increased risk of chronic diseases.

The mind-body link is a powerful connection, and it's important to take care of both your mental and physical health. By neglecting your mental health, you may be setting yourself up for a range of negative health outcomes.



3 Action Steps

1

Practice mindfulness: Mindfulness is a powerful tool for improving mental health. By practicing mindfulness, you can learn to be more present in the moment, reduce stress and anxiety, and improve your overall well-being.

Try incorporating mindfulness practices such as meditation, deep breathing exercises, or yoga into your daily routine.

2

Practice self-care: Practicing self-care can help to improve your mental health and well-being. This may include activities such as taking a relaxing bath, spending time in nature, or doing something creative. Find what works for you and make time for it in your daily routine. Practicing self-care can help to reduce stress and anxiety, improve your mood, and promote a sense of well-being.

3

Connect with others: Social support is an important aspect of mental health. Make an effort to connect with friends, family, or other support systems in your life. This can be as simple as having a phone call or meeting for coffee. Having a support system can help to reduce feelings of isolation and loneliness, and can improve your overall mental health and well-being.

HABIT 3

Not having any creative outlets

Not having creative outlets can have a number of negative impacts on your overall wellbeing. Without an outlet for creativity, you may experience feelings of boredom, frustration, and a lack of purpose. This can contribute to a range of mental health challenges, including depression and anxiety.

Losing a sense of purpose and meaning in life can have serious negative impacts on wellbeing. When we don't have a clear sense of purpose, it can be difficult to stay motivated and engaged in daily life. Over time, this can lead to a range of mental and even physical health challenges.

Creativity has been shown to have a number of positive impacts on mental and emotional health. Engaging in creative activities can reduce stress and anxiety, improve mood, and increase feelings of happiness and well-being. Creativity can also help to improve cognitive function, including memory, attention, and problem-solving skills.

Research has also shown that incorporating creativity into daily life can have positive impacts on physical health. Engaging in creative activities has been shown to reduce inflammation and improve immune function, both of which are crucial for overall health and wellbeing.



3 Action Steps

1

Try a new hobby: Trying a new hobby can be a great way to incorporate creativity into your daily life. Whether it's painting, writing, or playing an instrument, find a hobby that sparks your creativity and interests you. This can help to reduce feelings of boredom and frustration and give you a sense of purpose.

2

Take a class: Taking a class in a creative field can be a great way to learn new skills and explore your creativity. Look for classes in your community or online in fields such as art, music, or writing. This can help to improve your creative skills and give you a sense of accomplishment and purpose.

3

Find ways to be creative in your work: Even if your job isn't traditionally creative, there may be ways to incorporate creativity into your work. Look for opportunities to brainstorm new ideas, collaborate with coworkers, or approach tasks in a new and creative way. This can help to reduce feelings of boredom and frustration and give you a greater sense of purpose in your work.

HABIT 4

Holding on to grudges

Holding onto grudges can have significant negative impacts on our overall wellbeing. When we hold onto a grudge, we may experience feelings of anger, resentment, and frustration. These negative emotions can lead to increased stress and anxiety, which can have negative impacts on our physical health.

Additionally, holding onto a grudge can negatively impact our relationships with others. When we hold onto negative emotions towards someone, it can create tension and conflict in our relationships. This can lead to feelings of isolation and loneliness, which can contribute to negative mental health outcomes such as depression.

Research has also shown that holding onto grudges can impact our ability to make healthy choices. When we're consumed by negative emotions, it can be difficult to focus on our own wellbeing and make healthy choices. This can lead to negative physical health outcomes such as increased inflammation and a weakened immune system.

By letting go of grudges and negative emotions, we can improve our overall wellbeing and reduce the negative impacts on our relationships and physical health. Forgiving ourselves and others can be extremely difficult, but both are important for maintaining healthy relationships and improving our own wellbeing.



3 Action Steps

1

Practice forgiveness: Forgiveness can be a powerful tool for letting go of grudges and negative emotions. This does not mean you have to forget what happened or condone the behavior, but rather that you can release the negative emotions associated with the situation. Practice forgiveness by reflecting on the situation, expressing your emotions, and choosing to let go of the negative feelings associated with the grudge.

2

Focus on the present moment: When you're holding onto a grudge, it can be easy to get caught up in the past and relive the situation over and over again. Instead, try focusing on the present moment. Engage in mindfulness practices such as meditation or deep breathing exercises to bring your attention back to the present moment and let go of the past.

3

Seek support from loved ones: Letting go of a grudge can be difficult, and it's important to have support from loved ones. Talk to a trusted friend or family member about your feelings and seek their support in letting go of the grudge. This can help to reduce feelings of anger and frustration and improve your overall wellbeing.

HABIT 5

Negative self-talk

Negative self-talk can have a powerful impact on our thoughts and emotions. When we engage in negative self-talk, we may experience a range of negative emotions, including anxiety, sadness, and frustration. This can lead to feelings of low self-esteem and a negative self-image.

Research has shown that negative self-talk can literally rewire our brain, leading to a cycle of negative thoughts and emotions. Over time, negative self-talk can become a habit, and it can be difficult to break the cycle. However, by practicing self-awareness and actively challenging negative thoughts, we can begin to reframe our self-talk and improve our overall well-being.

One helpful tool for challenging negative self-talk is a thought journal. A thought journal involves writing down your negative thoughts and identifying the evidence and beliefs behind them. This can help you challenge and reframe negative thoughts, replacing them with more positive and realistic self-talk.

By incorporating positive self-talk and thought challenging techniques into your daily life, you can break the habit of negative self-talk and improve your mental and emotional wellbeing. Remember, it takes time and practice to change negative thought patterns, but with persistence and self-compassion, you can make positive changes and improve your wellbeing.



DATE

MOOD

Daily Journal

YOUR THOUGHTS

GOALS

-
-
-
-

TO DO

-
-
-
-

3 Action Steps

1

Practice self-compassion: Self-compassion involves treating yourself with kindness and understanding, rather than judgment and criticism. Practice self-compassion by treating yourself as you would treat a friend who is struggling. Acknowledge your feelings and offer yourself words of encouragement and support.

2

Challenge negative thoughts: Negative self-talk is often based on negative thoughts and beliefs about ourselves. Challenge these negative thoughts by questioning their validity and evidence. Are they based on facts, or just your own perception? Reframe negative thoughts by replacing them with more positive and realistic thoughts.

3

Focus on positive self-talk: Positive self-talk involves replacing negative self-talk with positive and affirming statements. Identify your strengths and accomplishments and use these to reinforce positive self-talk. Practice gratitude and focus on what you appreciate about yourself and your life.

Resources

At the Jōrni, we have many free resources available to support your wellbeing journey. Have a look and see if anything speaks to you. You might find some new ideas on how to support your holistic wellbeing.



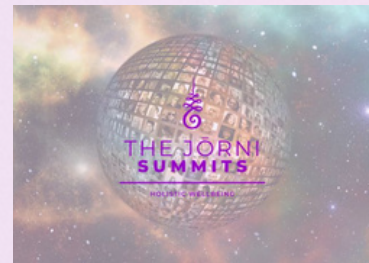
PODCAST

Our podcast is about mental health and holistic healing to inspire you to explore more options for supporting your wellbeing.



BLOG

Our blog goes along with our podcast and dives deeper into the topics about holistic healing and mental health we discuss every week.



SUMMITS

Check out our offerings of summits, where you can connect with amazing speakers and learn more about wellbeing.



Next Steps

Congratulations! You've taken the first step towards holistic wellbeing by breaking 5 habits that may have been sabotaging your wellbeing. While these five habits are a great starting point, there is so much more to improving your wellbeing and increasing happiness and fulfillment in your life.

If you're ready for a closer look, be sure to check out our eBook, "**The Ultimate Interactive Blueprint for Achieving Holistic Wellbeing**". This comprehensive eBook will provide you with tips and tools for integrating mental, physical, and emotional wellbeing into your daily life.

And for high-achieving women who are looking for a supportive community and an even deeper level of support, we are launching **The Jōrni Mastermind** soon. This 6-month masterminding experience will provide you with the tools and strategies you need to go from over-stretched, over-committed, and overwhelmed to overjoyed.

We wish you all the best on your journey from overwhelmed to overjoyed, and we hope to see you on the Jōrni platform in the future!

