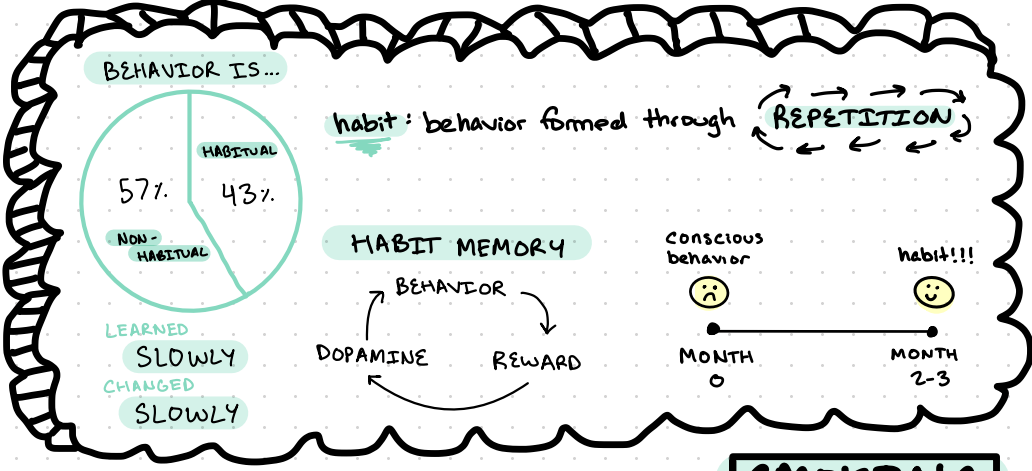


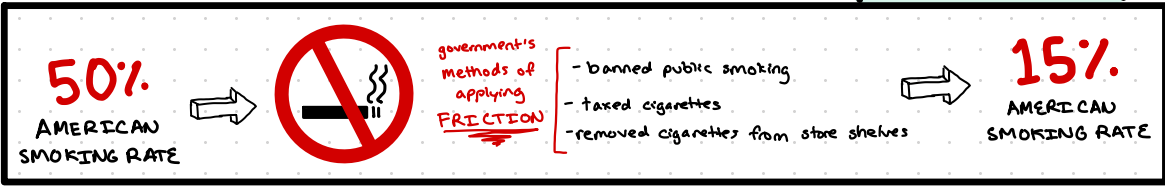
# THE SCIENCE OF HABITS

by Wendy Wood, PhD

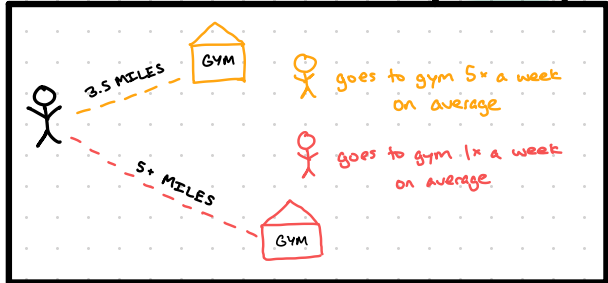
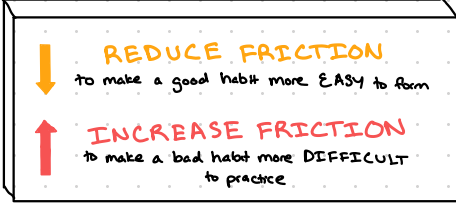
## THE BASICS



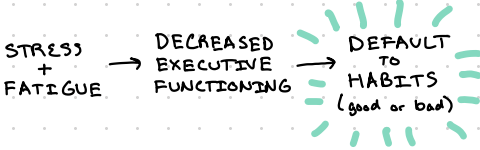
## SMOKING



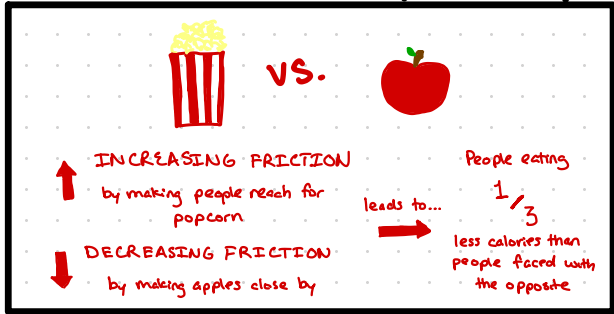
## GYM



**LIFE CHANGES** can disrupt old routines and create opportunities to form new habits and break old ones.



## DIET



### PANDEMIC EXAMPLES OF BEHAVIOR CHANGE

- cooking at home
- exercising less
- working from home
- gardening
- mask wearing

Will these habits survive the pandemic?