



**HabitAware's
Love, Strength, & Awareness
Course Transcripts**



HABITAWARE

Lesson 1: Getting Started

Hi! my name is Aneela. I'm one of the co-founders of HabitAware and co-creators of the Keen and Keen2 smart bracelets. I am in trichotillomania, or compulsive hair pulling, recovery and my hope is to get you to recovery too. I want to welcome you to the Keen family. You went from being alone to having us! And we're so excited to be with you on this journey. Just a quick reminder that this peer support video training series is just that: a one-way conversation from one friend to another, so please remember this is not a replacement for professional mental health treatment- which I do highly recommend. By continuing to watch this video series you agree to our medical disclaimer at this url. And remember you have free agency to take what resonates and incorporate it into your life, and to toss what doesn't. The goal the goal of this video series is to share our knowledge and mindset strategies as well as our proprietary behavior change methodology to help you harness the power of Keen Awareness. While there's no cure for hair pulling, skin picking, or nail biting, we believe based on our personal experience, and in helping tens of thousands of other people with hair pulling, skin picking, and nail biting, in more than 70 countries, that you can get pretty darn close. Holding that hope for recovery in your heart and your mind, let's start with a deep breath. So breathing through your nose, take it in for four seconds. Hold for four seconds and exhale for four seconds. ready?

[Breathe]

How did that feel? Most folks respond with "oh that was really calming," or "oh I really needed that," or simply "good." Deep breathing is a millennial old practice from East Asia, now proven by western medicine and research to really shift our brains out of fight or flight. The reason I like to start with a deep breath is to remind both you, and me, that no matter how "rush rush rush" life is we owe it to ourselves, and we deserve, to take 12 seconds 12 seconds to reset to feel calm and to make better healthier decisions for ourselves. So please remember you may not always have your favorite fidget, but you always have your breath. I'll see you in the next video!

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Lesson 2: Understanding Our Story

My trichotillomania story actually started with thumb sucking. As a baby, my parents did everything in their power to get me to stop; from wrapping me in really tight blankets, to hand knitting mittens so that I wouldn't be able to suck my thumb. I slowly graduated to hair twirling and I still remember lying cozy in the blankets, twirling my hair and drinking my milk before bedtime. In third grade I moved to a new town and when I did, I lost all sense of belonging and sense of who I was. I lost my confidence- and that started a deep decline into what I now understand is social anxiety, and quite simply, just questioning myself all the time and a lot of negative self-speak. And then during puberty my eyebrows got really really bushy, and so I started tweezing them to kind of clean them up, and then it just became a thing. And as I moved into my high school years, my father fell sick with cancer, and it was the 90s so we weren't really talking about our collective mental health, we were really just focused on his physical care- and the plucking of the eyebrows became not just using a tweezer, but just my fingers, and it became uncontrollable, but it was that soothing mechanism, that coping mechanism for all the chaos that was going on around me. I thought I was alone, I thought I was weird, and I thought I was wrong for doing this. So I hid, I didn't tell my mom, I didn't tell my dad, I didn't tell my sister, because we were already going through so much- and I didn't know it was a medical condition, I just thought I was messed up and so I hid, and I didn't want anyone to know that it was happening, and I became really good friends with my black eye pencil, so much so that by college and work years, I had, despite being so stressed and pulling so much I had gotten so good at fooling everyone, including myself, to the point where people would compliment my eyebrows, and I constantly lived in this fear of being caught, and always wondered if people were looking at me because I had something to say, or because they were trying to figure out what was wrong with my face. What was missing.

And then that fear finally came true. My husband a few years ago caught me without eyebrows. It was after a late night pull session. I had removed most of both eyebrows in that night because I was just so stressed, and also going through a pregnancy, and in that moment he just looked at me and said: "where are your eyebrows?" We were getting ready, I was going to go get my black eye pencil, and he caught me in the doorway of the bathroom and I was a deer in headlights, but then I said "I have- I do it- I pull out my hair."

And that was the first time I really shared the secret. As I let my husband Sameer into this world, he began to realize the shame that I was holding on to, and I began to realize that it was the secret that was making me sick. I had been spending so much time concealing the pulling when I could have been spending time healing. And so that's the switch that I want to help you make, as well. So one evening as we're sitting on the couch and I'm pulling mindlessly, Sameer gently grabs my hand and that was the "Aha!" moment of I wish I just had something that notified me, something that could bring me to awareness so that I could then assess what was happening, and why it was happening, and choose a healthier strategy. So with two friends, John and Kirk, the four of us set out to make a smart bracelet. And when it started working for me, we knew we had to bring it to the community of

people with body-focused repetitive behaviors, and for the last four or five years we have been so amazed and honored to be on this journey with tens of thousands of people in 70 plus countries from Australia, to Jordan, to Bangladesh, to Brazil, bringing out this power of awareness and behavior change. And we are so excited to be on the journey with YOU now, so as part of the Keen family it's really important to understand your relationship to your hair pulling, skin picking, or nail biting. So I want you to take a moment just like I shared my story, to write down what you know of your hair pulling, your skin picking, your nail biting. Think about things like: "When did it start?" "What may have triggered it?" "What body-focused repetitive behavior do you even engage with?" Right? there's hair pulling, which is trichotillomania, skin picking, which is called dermatillomania, nail biting is called onychophagia, and those are the three that Keen is really designed (and the algorithm) to help you build control of, but there's also things like lip-picking, or cheek biting, or cuticle picking, because they're all body-focused repetitive behaviors. And so think about which ones play a role in your life, then think about where do your hands go if you have skin picking? Is it your back and your shoulders, or is it your face, or your arms, or your legs? If you have hair pulling again which areas of the body are you pulling more from? The more you understand about both the physical behavior, and the underlying "why," the easier it becomes to actually build a plan to take control.

So also think back and try to get some context around when it started. What was happening in your life at that time? Were you studying for exams? Were you in process of moving? Was a family member not well? Think through what may have been creating the need for additional self-soothing in your life, and as we know these behaviors kind of come in cycles, so try to assess what was happening when the urges were less, what was happening when the urges were more, what thoughts, what core beliefs were you working with during that time. So when I say "what's happening, what was happening during those times," think about what was happening out in your outer world, but also in your inner world. And it's really okay if you don't have the answers right now, that's what this journey is meant to bring out in using the bracelet, and it's okay if you don't have the answers just yet that's what this course and using our award-winning smart bracelet keen2 or keen is meant to help you bring out. Your relationship to your BFRB holds a lot of clues as to how you can gain control over it, so pause this series, take out a sheet of paper, and write down what you know- and I'll be waiting for you in the next one.

Lesson 3: The Purpose BFRBs Serve

Hair pulling, skin picking, and nail biting are body-focused repetitive behaviors that feel good, right? There's just something so satisfying and soothing about getting that one pokey hair, or that pimple, or that hang nail- so while our brain is self-soothing in the moment with these behaviors, it's the physical aftermath that then becomes the real concern. So what we have to recognize is that these behaviors serve a purpose, they just do not serve us well. So what's happening, well, what we've come to understand in helping thousands of people in the BFRB community, is that these behaviors originate in the subconscious- that automatic brain that's in charge of most of our daily functioning. And what's happening is when our mind gets restless, our hands get restless as a signal to let us know, and to alert us to that mental discomfort. So when our hands are in our hair, or on our skin, or in our mouth, it's just a signal from the subconscious to the consciousness saying "hey Aneela, over here! Take care of me!" but instead we see that behavior as a nuisance, and we say "come on, I don't have time for this, I need to finish the paper, I need to get the kids from school," and we push that signal down and instead we react with frustration: "Ugh, Aneela, what's wrong with you!?"

But if we reacted with compassion instead- "Aneela, what's wrong right now, what do I need?" Then we can find the source of the discomfort and deal with it and take care of it. So this discomfort can be overwhelmed, like stress or anxiety, or underwhelm, like tiredness or boredom, and the in-between of hunger, thirst, physical discomfort, like maybe needing to go to the bathroom, or just having been sitting for so long, so when we can use the signal of the BFRB to take care of ourselves and answer that call, what we are doing is showing our subconscious, our "inner child" if you will, that "Hey, I got you. I'm taking care of you, you're safe." And the more we practice this, the quieter the mind will get, and the quieter our hands will get. So how do we break the cycle? Well in the next video, I'm going to share our proprietary methodology to help you break this cycle.

Lesson 4: Living with Love, Strength, and Awareness

So how do we go about breaking the cycle of hair pulling, skin picking, and nail biting? I've been hiding our methodology in plain sight for the last five years. It's how I sign off every email. Love, strength, and Awareness. But there's a twist: it's backwards. It's the awareness from Keen or Keen2 for you to summon the strength to choose love in the moment to show yourself kindness and compassion when you find that your hands are in your hair, or on your skin, or in your mouth, rather than that frustration and anger we talked about before, so it sounds very simple: love strength and awareness. For the awareness to summon the strength to choose love, but putting it to practice takes work. Why? Because we've been taught since birth: family, work, school, friends, partner, kids, pets, other obligations, and then you. And so I'm asking you to flip it so that you're focusing on you- taking care of you first, and we have to define what love is, each of us individually, as they need to be the right healthy strategies for you in the moment. Again, telling your brain that subconscious brain "I got you, I'm taking care of you, you're safe with me, here, now." And again, the more we practice this methodology of the awareness to summon the strength to choose love, the quieter that subconscious will get, the quieter our hands will get. But how do you choose the right healthy strategy in the moment? That's where we're going next in the following video. I'll see you there.

Lesson 5: Using The Clues

All right, so how do we put the love strength and awareness methodology to work for us? How do you use Keen awareness to summon that strength to choose love? With practice, and by using the clues. What does that mean? When you use the clues you can identify the best strategies for you in the moment to show yourself love. So when you have the awareness from Keen2, as it vibrates gently to notify you that your hands are not where you want them to be, you can take that moment of pause to summon the strength to ask yourself a set of questions. The answers to which are the clues that will allow you to choose the right healthy strategy for you in that moment. These questions help you identify the state of discomfort you're in in the moment and then again, the answers clue you in to a healthier coping mechanism for that scenario. So what are the questions when Keen gives you that hug on the wrist? Pause, and like a scientist, ask yourself these questions: Who am I with? What am I doing? What time is it? Where am I? How am I feeling?

And why might I be feeling this way? So essentially we want to understand information about the environment, your activity, your mood, and the time. When you know the answers to these questions, you can then be a scientist and start experimenting with different strategies to help you take control in the moment, as well as as you start embarking on this journey to create a lifestyle where self-love is at the core. So let's put the clues to work. As an example I'll share what I learned in using the first Keen bracelet, and seeing the data emerge, and asking myself these questions. So for me, there were two key scenarios and trends that emerged during this process. The first: I would mostly pull during the day at work while stressed, whether people were around or not, and then I would mostly pull at night, while I was working, most likely alone in the dark. And so for both scenarios, I realized that what was happening was I was not taking care of myself. I was pushing myself to the ground overworking myself, so my strategies for the daytime became taking breaks, getting up to drink water, keeping a full bottle of water by my desk so that I had that with me to become the go-to, taking deep breaths, being a little more clear about how I was gonna spend the day so I didn't feel so overwhelmed. All of that worked for during the day, and then for night time, the moment I saw the time was past midnight I said, "close the computer, it's time for bed." Sleep became the strategy there, because I was so overworked and exhausted but it's only in doing this practice of asking myself those questions of: "Who am I with?" "Where am I?" "How am I feeling?" "What am I doing?" "Why am I feeling that way?" "What time is it?" that I was able to start recognizing those trends. And so now even though I don't really wear my Keen bracelet anymore, I know as soon as my hands start playing that that's my signal to use my strategy, to grab my water, or if it's night time to close the computer and say time for bed, or to take that deep breath that allows me to reset, or to stretch if I can feel kind of discomfort or back pain. So once you know the scenarios, the trends, and the states of discomfort that affect you, then you can start lining up your cheat sheet of: "if this happens, then I will do this" of your strategies. The more you actively choose love, the more your brain will start automatically choosing it for you. This is why I always wish you love, strength, and awareness. In the next video we'll talk about the importance of language in taking control of our BFRBs and shattering shame around it.

Lesson 6: Language Matters

How we talk about our hair pulling, skin picking, and nail biting, the language we use, has a profound effect on how we feel. If we're holding on to shame, or guilt, or blame, how do we have room for love? This is why our language is really important. Studies even show that people with BFRBs gravitate to that feeling of shame more often, in a more general sense, and that BFRBs are often triggered by that- those feelings of shame. So looking at why we feel such shame is an important part of breaking the cycle. First, we need to recognize that the secret makes us sick. All that time we spend concealing, and hiding, and covering up, and living in fear of being caught- but if we can let one safe loving person in, we can start making space for support, and healing. Another thing to look at is our language around how we talk about our condition. Do you say "I am a trichster" or "I am a skin picker," or "I am a nail biter"? See, as soon as we start using "I am" we are labeling ourselves. We are taking ownership, we are taking fault: "I am this," but you are not those things. What is happening is that you have one of those conditions. You live with one of those conditions. So this is important because these "I am" statements label us and assign blame and guilt. We're saying "it's me" but it's not us. Based on what I've shared with you, it's not you as in your conscious self: it's our subconscious trying to send us that signal to take care of ourselves. We can embrace that with gratitude, and use it to answer that call to say "I have this tell when I'm in a state of discomfort," so instead practice moving away from the language of "I am a skin picker, a hair puller, a nail biter," to "I have a skin picking condition, I have trichotillomania, I live with nail biting." We also need to understand what's happening, and share that understanding with others to shatter that shame.

See there's this general perception that because it's our hands, it's our choice, it's our control, it's our decision- but as we've been saying, it's our subconscious. It's not- we DON'T have the control or the decision-making power until we shift it to the consciousness with that- with that vibration, with that hug on the wrist, with that awareness, then it becomes something we can take control of. So for example, you can ask someone stop being hungry. Again that's rooted in the subconscious. They're gonna say "I can't stop being hungry, I need to eat," again because that stomach pain is a signal: "I need something, take care of me," so it's the same thing, and in the same way that someone with hunger can solve that hunger through management, through grabbing something to eat, we also can take control of the BFRB through management, through learning these scenarios that trigger us, that put us in a state of discomfort, and setting up our scenarios so that we're in less discomfort, or we try to preempt the discomfort or we keep things around us to allow us to remove the discomfort: deep breathing, drinking water, etc, so once you shift to this mindset, don't you have hope that: "oh, I just need to listen to the signal, and manage, and you have us to guide you through that journey. So in the next video we're going to actually show you how to train and adjust Keen2 settings, and it's very similar for Keen as well. See you there!

Lesson 7: Training Keen/Keen2

All right, this is a crucial step. Our hair pulling, skin picking, and nail biting, are like fingerprints: they're all very, very different. So Keen and Keen2's gesture detection is only as good as the data we give it when we're recording the gesture to the bracelet. This tutorial talks mostly about the Keen2 bracelet, but the process is pretty much the same for Keen. We don't even need the app. I'm just going to talk to you about what a good training needs. Simply, your goal should be to train a small repetitive scanning motion at a single training area. This is mine. It's small, as in it's a small movement back and forth, It's repetitive: I'm doing the same thing over and over, and it's in one area: I'm not moving away from this one eyebrow. And my bracelet is going off constantly right now because I'm engaging in my trained behavior, So I'm going to put my hand down, and now let's work backwards from what I just talked about. Your goal should be to train a small, repetitive scanning motion at a single training area.

So let's first talk about that one training area. Say you're trying to record for hair pulling. Your hands may pull from the side, the top, the left, the right, but we just want you to stay in one localized area for the duration of the recording, so we can get an accurate calculation of the wrist in that position and angle. If you make the area wider, you're going to introduce new angles, and the possibility of false alarms. Next is that scanning motion: that thing you do before you pull or pick, and for nail biting it would be the actual act of choosing one nail to, kind of, bite. During that recording, the scanning motion needs to be repetitive: over and over, the same thing, so that we can get the data over and over for this same motion to sort of average it out. If you change up the motion during the recording, it's going to create noise, which will create false alarms. So the motion and area both need to be small. That big movement of the hand to the area is going to, again, add a lot of noise in the gesture calculation math. If you don't have a lot of wrist movement, like for example, most of it's in your fingers, just subtly mimic whatever your fingers do. So if they go up and down mimic that with your bracelet just a little bit, or if they go left to right mimic that just a little bit so we have some motion to work with.

With this knowledge, you can now navigate to your app in Keen2. The course is called "Connect and Record Gesture to Keen2," and follow the instructions to get to that recording process. And of course if you still need help, you can visit habitaware.com/setup or email us at support@habitaware.com to set up your free video training call.

A word about false alarms. Look, we're humans making technology. Neither is going to be perfect, and neither are you expected to be, so with that being said let's remember that there are three types of false alarms: first, there's the good type of false alarm. That's something where your bracelet is pretty much in a position where you've pretty much trained it, and it's going off. And why is this good? Because look at how close my fingers are to my eyebrows, in fact this is how I would sit at my desk, working, thinking, and then boom: so that is a good false alarm. Use it to your advantage. Engage the love, strength, and awareness methodology in that moment

to preempt- where now, to this point, I don't put my elbows on my on the table anymore because I've trained that that initiates the pulling, so instead I grab my water. Then, there's the one-off false alarms that's like, say you're putting the dishes away, or you just reach for something and the bracelet thinks, "oh that looks like the behavior," but it's a one-off: celebrate that moment. Recognize "Yes! My hands are not in my hair! Yes! My hands are not touching my skin! Yes! I'm not biting my nails!" Right, you celebrate that moment, that your hands are where you want them to be: away from those danger zones. You can add a mantra to them, celebrate that you're charging this every night and you're wearing it every day, and you're doing right by yourself, that you're engaging in love, strength, and awareness. And then, there's constant false vibrations. Those are ones that happen over and over, maybe while you're typing, or while you're driving, this is why we've included a method within the within both apps to adjust the Keen and Keen2 gesture detection settings.

So again, you can visit habitaware.com/setup to understand how to do that for each of the bracelets. There are videos and text-based written tutorials as well, to help mitigate those false alarms, but really understand that the goal is enough true vibrations to help you build awareness and cue you to take care of yourself to choose love, and as few false alarms as possible. And remember, language is important: if you view the vibration as an annoyance, your brain wants to be right, and it's going to view that vibration like an annoyance, and it's going to be a self-fulfilling prophecy. Instead, remember: embrace every vibration as your "hug on the wrist," helping you build awareness of where your hands are, and where they are not, and again, if you need help we are here for you visit habitaware.com/setup or email us at support@habitaware.com to schedule a free one-on-one video training appointment or to ask any question so that we can help you.

Lesson 8: Seeking Support

Hearing, “You’re doing it again,” or “Put your hands down,” or “Stop!” is the worst. That feeling of getting caught when we’re engaging in our hair pulling, skin picking, or nail biting. It just creates such a feeling of embarrassment, and so instead what we need to do is we need to tell our support system, our parents, our roommates, our best friends, our siblings, our co-workers, whomever we’re bringing into the fold, we need to guide them on how to give us support. And so the way I like to think about it is like, your BFRB is like an airplane. So think about when you’re flying somewhere, the pilots really engage in the operation of the plane on takeoff and on landing. Once they’re up in the air, they’re coasting on autopilot- just like our subconscious. And then what happens when there’s that state of discomfort is the pilot looks up, checks the measurements, and grabs the wheel, so again: that state of discomfort, then we get our signal through our BFRB that we’re in that state of discomfort, and we’re meant to check the signals, to use the clues, to ask the questions: “What am I feeling?” “Who am I with?” “Where am I?” “What time is it?” “What am I doing?” to use that information to grab the wheel by choosing the right replacement strategy, and then the pilot will turn to the co-pilot and give them a set of instructions, and that’s what you’re meant to do with your support system, with your loved ones, you give them a set of instructions. You tell them how you want them to help you, so that instead of hearing “stop,” it’s you telling them; “hey, if you see it happening, it’s just my signal for me to take care of myself, so instead of telling me ‘stop,’ help me take care of myself, help me focus on the wanted behavior, okay? So this could be, if you see me studying in the kitchen and I’m playing with my hair, please pass me a glass of water, or if you see me reading on the couch and I’m biting my nails, please give me a smile, and a ‘hey!’ as our simple code reminder, so that I can then engage my deep breath, or grab a fidget, or can you please pass me a fidget? Or ask me to go for a walk if you see that I’m stressed while I’m studying for a test, or working, to help me take that break that I need to take care of myself.

The way to seek support is to actually tell our support system, whomever we’re bringing into the fold, what we want from them, and just like I’ve been encouraging you to make a cheat sheet of “if it’s happening, then I’ll do this” in the same way, you give them their cheat sheet that way they know exactly what to do and then they’ll feel less frustrated, because they have their plan as well, instead of that feeling of “I don’t know what to do, I want to help, but I have no idea how,” and then they get frustrated, and it blurts out as “put your hands down!” even though they know in their heart that they need to be kind, that we all need to be kinder to each other, but this gives them the plan, the path. Just as I’m encouraging you to engage in life with love, strength, and awareness, ask them to do the same.

Lesson 9: Lifestyle Change

Ultimately, taking control of unwanted hair pulling, skin picking, and nail biting, is all about lifestyle change. By using your “hug on the wrist” you are breaking the behavior loop by taking that moment of pause to choose love. Being free of hair pulling, skin picking, and nail biting, does not have to mean never engaging in those behaviors. We have to recognize we have a health condition, and we don’t need to live in an “all or nothing” mentality. Consider a person with diabetes. They can’t declare a “diabetes-free day” nor do we have to place such a burden on ourselves. Instead, let’s remember that it’s our signal to take care of ourselves. Consider this, if you were rushing to class, or to work, and you fell running down a flight of stairs, just two steps, and you twist your ankle- would you say, “oh, I twisted my ankle, I’m gonna just fall down these stairs now and break my leg,” No! You’d rebalance, you’d grab the railing. So it’s the same thing. If I pull two tiny hairs, I’m not gonna say, “oh, now I’m gonna just pull them all out.” That’s what I used to do, but now I realize “oh, that’s my signal, it’s two in the morning- time for bed!” I’m gonna grab the railing, I’m gonna use my strategies. So in the same way, that’s what we need to do for ourselves. This “all or nothing,” we don’t have to play in that world. Play in the world of “it’s a signal” instead.

So this process is not about stopping, it’s about learning to manage our hair pulling, skin picking, and nail biting, to the point where what once used to be this heavy weight, and burden, and backpack, is now just taking up the space of a coin purse in your life. It’s still there, but it’s just not consuming us the way it used to. So just like a person with diabetes has to learn to manage their condition, daily pricking their finger to check their blood sugar levels, watching their diet, making sure they’re exercising, we must do the same. Checking in with ourselves, with our triggers, and our urges, and setting up ourselves for success with our in-the-moment, real-time strategies. We must also look at how we can change our day, our week, or month, to engage in healthier activities that preempt these triggers. So I want you to consider these “flow states,” to try to integrate more into your life. Creative flow states, anything that allows you to express yourself: writing, drawing, painting, dancing, singing, then movement-based flow states: yoga, running, biking, climbing, hiking. Integrating activities as your flow states, going to events, having friends over, acknowledging and being around people that bring you joy. Then for the next flow state, consider natural and spiritual connection. So this idea of connecting to a higher power, so sitting in nature, taking a forest bath, going for a walk, listening to the rustling of the trees, watching the bees and the birds fly, and in awe of the magic that happens. And the spiritual aspect: higher power. Reading scripture, prayer, mantras, using a buddhist singing bowl, engaging in meditation, all of these things regardless of your religion can pull you to that higher power. Then also consider nutrition in two ways: what are you feeding your body? Check to see does sugar, soda, caffeine, what types of foods instigate your hands? Okay but then also, how are you feeding your mind? Are you watching anxiety-reading television? Are you scrolling through news article after news article that’s making your heart pump? Are you scrolling through the fabulous lives of instagram people that you’ve never met, that is making you feel icky, and jealous? Cut what does not serve you, and then finally consider the sensory states. So a lot of this has to do with our sensory

states, that we do have a little bit more connection to our senses, right? So think about touch: why does it feel good when we touch? Try to find materials that can replace that feeling. Think about smell: what essential oils can you bring into your world to help you stay calm or restful? Think about sight: put up beautiful pictures, or make sure your desktop is of something that is a beautiful photo of nature, that allows you to soak that in without having to go outside. Or sound: listening to concentration music off of youtube instead of like DUN DUN DUN. It's when you're studying, right classical music. And light: light therapy is also something to consider, is the lighting harsh in your bathroom? That may be triggering and maybe making it so easy for you to see the imperfections that you stop, and you engage. So think about all of these flow states to build your lifestyle to help preempt, and to continue taking care of yourself throughout the day, the week, the month, so that your mind doesn't get noisy, your hands don't get noisy.

And one final thought to think about is that your childlike self holds the clues to the best replacement strategies and flow states, so think back to the activities that brought you joy as a child. Was it chasing your friends during tag? Was it doing scrapbooks? Then grab a pair of scissors and the junk mail and start scrapbooking. That's what I've done! Or was it beading, then make bracelets for all the Keen family, was it cooking? Was it baking? Was it painting? Bring it back however you can in whatever small way, because again it's showing your inner child "I got you, you're safe, we're doing something fun for you." Remember that. And the more we learn to take care of ourselves in our daily lives, the quieter the mind will get, and our hands will get, so again, I hope that you will go on this journey of living with love, strength, and awareness. And you will see the life change that you will make through the power of one "hug on the wrist!"

Lesson 10: We're Here For You

If there's anything I hope you take away from this class, it's that you are not alone. We are dedicated to your journey because we've been there in feeling that loss of self-confidence, and that pain, and quite frankly I don't want anyone else to feel that way. And so I hope that these strategies and these mindset shifts will help you see your life in a new way, will help you embrace love, strength, and awareness, and will help you on your journey. And we are dedicated to supporting that journey because we believe in the power of Keen awareness as a facilitator to that change. You can't change what you don't know is happening, and our bracelet and app system delivers that real-time awareness and the behavior change methodology to allow you to make that huge shift. And we support you with free resources like our newsletter, and our blog, and our youtube channel filled with webinars, and our TikTok, and our instagram, and our Facebook, and our twitter, filled with fun encouraging uplifting words of wisdom, stories of Keen family to keep you encouraged and filled with hope on your journey, and we also support you through ongoing one-on-one peer coaching during which we can continue this journey together of practicing, using the clues. Practicing engaging in love, strength, and awareness, and teaching you strategies, experimenting with you, brainstorming with you, and keeping you encouraged through that process. So if you're interested in allowing us to join you and support you even further on this journey please visit the link below to sign up for peer coaching we can't wait to be by your side. I'm wishing you so much love, strength, and awareness.

www.habitaware.com/coaching