

[00:00:00.410] - Matt

Welcome to A Cup of Growth, your very own adulting survival drink. Get ready to tune in and navigate all the juicy bits of your twenties with us. So sit back, relax, and let's ride the struggle together.

[00:00:15.170] - Cass

Hello!

[00:00:15.890] - Mags

Hello!

[00:00:17.570] - Cass

How are you, Maga?

[00:00:18.494] - Mags

I'm good! How are you?

[00:00:18.530] - Cass

Not too bad, not too bad. You know from- I should have mentioned this off my- but you know, on our last episode when it finally uploaded onto Riverside, like the transcript, every single time, I said because I always call you Maga, don't I? So I was like, how are you, Maga? And it was like, 'how are you my God?'. I was in full prayer mode on an intro, so I'm trying the Magalai. Let's see what the transcript says this time.

[00:00:58.610] - Mags

We're not going to call it A Cup of Growth anymore. We're going to call it Conversations with God.

[00:01:03.830] - Cass

Volume One. Well, volume two, because we're on season two. Yeah. How are you, darling?

[00:01:11.830] - Mags

I'm good, I'm good. Yeah. I think we have an interesting topic to debate today considering you're currently vaping. And no, we're not going to talk exclusively about vaping. This is not just I am vaping. This is not just us sorting out Cass's vaping problem.

[00:01:32.660] - Cass

Well, considering the title of this episode is Bad Habits: Mags Where's My Vape, I don't know if the-

[00:01:41.560] - Mags

Maybe it will be.

[00:01:42.520] - Cass

The protagonist of this episode, honestly. Oh, God. But yeah, we are talking bad habits this episode today. And I think it kind of connects quite nicely with our last episode, which was Burnout. And guys, I'm on prime to talk about this because I have a mild burnout, and I am currently vaping. Oh my God, I'm such a case study for this episode. But yeah, Mags, let's start nice and slow with what are bad habits, would you say?

[00:02:34.990] - Mags

I think they're just habits that just basically don't enhance or benefit your life in general. It's not that they make it necessarily worse or anything. I mean, there are some habits that do, i.e., vaping because it is detrimental to health, not to out Cass, but it's just an example that I don't know just jumped to my mind. And obviously a habit is something you perpetually do, something you do like on a regular basis, weekly basis, whatever sort of basis you want to do it on. And yeah, it's basically things that you do that aren't necessarily beneficial or adding any value to your life that you do on a daily basis. I think some good examples are, for example, smoking or well, smoking is a tough one because it could lead into the addiction part where that's a bit more complex. But then we have things like, I want to say, like scrolling on social media is a bad habit. Constantly complaining is a bad habit. But it could be things like having a bad sleeping pattern could be a bad habit.

[00:03:53.210] - Cass

Describing me at the moment Mags because I feel quite-

[00:03:57.790] - Mags

Well you said to use the case study, I am just doing what you asked of me. But yeah, that's my definition. I don't know if you have a definition of bad habits or what you think a bad habit is.

[00:04:15.090] - Cass

My middle name is Bad Habits. No, I totally agree with what you said, and I think it was about time that we made an episode about this because we've mentioned bad habits quite a lot on this podcast but we've never really gone deep into it. So you're going to see the nasty side of us today. Not that

you didn't know most of them already, especially mine. I've divulged loads in what my bad habits are in this podcast, but we're going to dissect them today. So on that topic, Maga, what are your worst bad habits? And I'm going to give you a plot twisting question which is have your bad habits changed as you grew up or do you have new ones to add to your previous ones?

[00:05:17.430] - Mags

Okay, so I did a bit of digging, I did a bit of research into myself and I was like, okay, what are my top three bad habits. Like things I wish I could shake off but I don't know, they've been so ingrained in me that I just have such a hard time. And number one is scrolling mindlessly on Instagram and recently TikTok has been. Number two is a bad sleeping schedule. So obviously, we all know here that I struggle with anxious thoughts, and I'm a bit stressed for no reason all the time. And sleeping is supposed to be one of those things that prevent all of this. But I'm such a - it's like I want to be a night owl and an early bird at the same time, so it doesn't work because I don't get enough sleep. And also I do a lot of bedtime revenge procrastination, which I don't know if you know what that is, but it's basically where you feel like the day has not been long enough to do what you want. So instead you do it during when your bedtime so that could be like things like watching TV and stuff late at night and stuff because you're like 'I haven't had enough time today. I want more time to chill' basically before you go to bed which is something I do when I should get to bed early. I don't know if this is a bad habit or if because I have difficulties, but, you'll see what I mean by difficulties, is not having a very healthy, balanced diet. But by what I mean by difficulties is I am a picky eater. And so I don't know if that's like a bad habit, or it's just like how I am. Like I get my nutrients, don't get me wrong. And I do like fruit, it's vegetables and a lot of other things I have trouble with, but I guess we can get more into that later. And whether or not they've changed as I've grown up or over time, bedtime has always been an issue for me. When I was a teenager I was so bad I used to go to bed at like 3-4am on the weekends and then during the weekday I'd have to get up at like 6:30am, and I'd go to bed at like 11:30pm-midnight, which is not enough sleep for me. I need at least 8 hours. And I think I wasn't so bad before scrolling on social media because I didn't have social media until I was especially Instagram until I was 17 and even then when I first got it, I didn't really feel the need to scroll through it. But I think I want to say during the pandemic, it got worse because I had nothing else to do. And a lot of the time, I was just at home, and I'd done everything I needed to do for the day. So I was just filling up my time with Instagram. And then TikTok came along, which just made it even fucking worse. So I think that's like a new one and then I guess the diet one. If we're going to go through all three that I mentioned, bad diet is just something I've lived through with my whole life. It's not necessarily a bad diet because it's not like I like sweets or fizzy drinks or things that are naturally they say like 'junk food' that's just harmful to your body, it's just I probably don't get enough nutrients, and I definitely don't eat my greens which I think doesn't help with my tiredness and the stress and everything because that's just one of the things that's supposed to help biologically. So, that's something I've struggled with my whole life. Not feeling like I'm eating well, basically I want to say and balanced and healthy. But yeah, enough about me. Cass, what are your top three worst habits? Obviously we know number one is vaping and smoking. And how have these change over time?

[00:09:46.730] - Cass

Oh mate! Right, so we can just say like you said, smoking, we know it's up there. I would say my other two- it's hard because I know I have loads of bad habits and depending on the day they rank differently. But my other two would be like I wouldn't say that I hold grudges, but I hold on to hurt much more than I should. Do not look at me like that, Maga.

[00:10:24.230] - Mags

I'm slowly nodding my head because I'm like 'yeah, this girl, don't fuck with her, she will hold that grudge'.

[00:10:32.490] - Cass

Do you remember I made this TikTok like a couple of months ago, and it was like what's your Christian sentence or whatever, and it was like 'let go and let God'. And I was like 'nah mate', and you were like "yeah girly, hold that grudge". So that would be two, and I think the third one would be that I- it's funny because you know how we talk about motivating ourselves and pep talking ourselves and stuff, I am the best at demotivating myself. I am the best at giving myself excuses to not do something, and I am lazy. I am lazy. I have more bad habits. But because Maga said only three, I think we'll just keep on to those three. I would say that my bad habits have changed because I've developed loads. I've developed loads while growing up. I'll say that, an honourable mention, is my bad eating like overeating. That's a bad habit because that goes through because that's an emotional coping mechanism for most things. I used to drink loads, remember, when I had emotional instability, but now it's just turned to food. So that's a bad habit that's changed over time.

[00:12:10.570] - Mags

Yeah, I guess.

[00:12:13.210] - Cass

And the thing with I guess if we talked about my bad habits changing, the one that is like the best example is my smoking. And the problem was that I first started smoking when I was really young. Not like baby type, but when I was in my early tweens. So when I was like 11-12, something like that, I started smoking. And Maga knows this, I am a heavy smoker. Like, in terms of cigarettes, I was a very heavy smoker. But in my head, it wasn't only that it was because of stress, it was also like a moderator for my appetite. And if you guys didn't know smoking burns calories.

[00:13:12.110] - Mags

Don't say that! Oh my God.

[00:13:14.210] - Cass

Okay, I'll probably delete this from it, and I'll edit this out. But no, it was kind of like my time for myself. I tried to use it as a self-care method when obviously it's not. But the thing how it's changed over time is that Maga knows this, I've tried to stop smoking a lot of times, like throughout uni and stuff. It never worked throughout uni because I was working in a warehouse that was fucking shit. And he was like, I need a smoke every three minutes.

[00:14:00.590] - Mags

Literally, I can confirm.

[00:14:02.550] - Cass

And then we would go partying. And it's the social setting, having a drink in your hand. I just wanted to smoke. My partner is a smoker. All my partner's family are smokers. My mom and my brother were smokers before. And I'm the only one in the family that has stayed a smoker. And I would have times where I would stop smoking completely for months. For months. And then I would go back again because I got triggered by something. And then the latest development on my smoking is that I've gone to vapes. Like when I started at uni in first year I moved to vapes, like I transitioned to vapes, but it wasn't like these disposable ones. It was like the big battery one that you had to put the liquid on and stuff. And the reason why I stopped using it is because I gave it to Jess guys. And Jess still hasn't given me that vape back. Not that I need it. Because Jess was like "oh, I want to try vaping". And at that time, I was smoking cigarettes, so I was like "oh, you can have my vape. See how you like it". And that was, like, four years ago, guys. I haven't seen that vape since.

[00:15:15.350] - Mags

Jess, this is a PSA for you.

[00:15:19.670] - Cass

But I was very surprised that I transitioned to vapes like in the last year because it was literally as I changed my job from Amazon to where I am now, and everyone in my work now smokes vapes. And I was 'oh like it might be healthier than smoking cigarettes' and blah, blah. But the fact that it's so convenient to smoke now that I have a vape, my vapes last me like a day, if ever. And I have it with me everywhere like Maga knows this. We'll be having a very deep conversation, and halfway through it, I'll be turning around in bed and being like "oh, what the fuck? What the fuck?" And Maga will be like "what is wrong? Are you looking for your vape?"

[00:16:09.620] - Mags

Which is basically the title of this episode be like 'where's my vape?'

[00:16:12.910] - Cass

Literally.

[00:16:15.420] - Mags

'I'm still listening!' It's like 'where's my vape?'

[00:16:17.770] - Cass

I'll be moving around in my room. I'll be moving around everywhere. And I'll be like "yeah, I'm listening to you, babes. I'm just looking for my vape". But yeah, I guess mine have changed in the sense that they have found new transitions and transitioned onto something else, but stayed the same. They're like Pokémon. They've evolution-ed. But I have other new ones with age, which is not great. I'm a hoarder in terms of bad habits, guys. In everything else, I'm a minimalist. But when it comes to bad habits, I hoard like a motherfucker. But yeah, I'll move the ball on to you, Mags, and ask you how do your bad habits affect your life?

[00:17:17.850] - Mags

Well, as I've said before, I am a person that suffers with chronic stress, let's say, because I hate saying I have anxiety because obviously it's like I haven't been diagnosed officially by professionals, so I avoid the term, even though I'm pretty sure I've got it, like 99.99%. Obviously because it's funny because I've noticed that you've gone for very more emotional bad habits, almost, and I've gone for more physical. So it kind of, to me, shows what area we're trying to improve, almost.

[00:18:01.580] - Cass

Well, that's because I'm a Gemini, and you're an Aquarius baby.

[00:18:06.810] - Mags

I guess. Yeah, probably. But yeah, I think definitely the bad sleeping pattern and the bad diet have definitely not helped with stress and stuff because it's like, I'm not getting enough sleep, so I'm tired and irritable all the time. And then with the bad diet, it's like I don't have enough energy and enough nutrients to regulate my nervous system or whatever. And then the scrolling on social media, I think, is more of an emotional bad habit because it's like it really affects my mood. It can lead to things like comparison. And the thing is with social media is like if you still follow people that are not in your life anymore, it still gives you the illusion that they are because you're subconsciously keeping updated with them when they post a story, when they post a post and it's just yeah, anyways. And I think that's why it's really important to only follow people who either have no effect on you or that you really find inspiring or that you are still in contact with in your life. So if you get updates and stuff, that's what social media was for, basically at the start, was to be with friends and family. So it's kind of like it wasn't invented to be connected with people you don't see anymore, people who you fell out with, whatever it is. And yeah, so obviously it kind of fucks you up a little bit. If you see someone who's not in your life anymore, post something and you're like yeah, I don't know how to explain it. I

feel like I'm babbling, so I'm going to stop there. But with the bad habits, it's like I noticed that they really do affect me in so many ways. And it's like if it affects me physically, like not having a good sleeping pattern, that will also affect me emotionally because then I'll feel more stressed, more tired, more agitated almost because I'm irritable. And then like bad diet, I feel tired, I feel groggy. And then that leads to me not feeling like I have any motivation to do any work, which then leads me to feelings of, I don't know, I'm never going to get anywhere. Like a lot of self-doubt, imposter syndrome, let's say self-doubt, self-esteem. And I feel like I haven't been productive and stuff. And it's mad how a single little good habit like something like having a good night's sleep or whatever can really- it's literally the whole butterfly effect. Like you have a good night's sleep, everything else is going to fall into place. And it's the same with social media. But the thing is, I must say I'm pretty sure I'm addicted to my phone. Even if I don't like to admit it, I am. An addiction to your phone doesn't mean like you- I don't know, in the sense that we know. It's more like every time a notification pop up, you can't help yourself but look at it. You take it with you at the dinner table, when you go to the bathroom, when you take a shower. You feel like as soon as someone messages you, you have to reply straight away because otherwise you have this sort of build-up of stress. Well, for me anyways, that's what it feels like where I'll forget to respond, or they'll be expecting me- it just makes people expect you to be readily available to them kind of thing. And then obviously if you have no internet, it's like 'oh fuck' kind of thing. That's kind of what I feel like is an addiction to your phone. Yeah, and obviously we know that because we did that episode on social media, we know how bad social media is for your brain and just for your whole mood in general. And so yeah, I think even if each of them are supposed to only affect me in one way, they affect me in every way because it all leads to one another. What about you? I mean, obviously smoking is we know it's not good for your health. What about mentally, for example, I think a side question I wanted to ask you do you think you could live without smoking? Do you think you could quit smoking one day?

[00:22:51.510] - Cass

Yeah, definitely, of course.

[00:22:56.870] - Mags

But then is your bad habit that you mentioned like laziness? Do you think that contributes to you not doing that?

[00:23:08.750] - Cass

Partly, but I also feel like I use it like an emotional coping mechanism. And that's what I said before, I've stopped smoking several times before, but there'll be something, just something triggered me a little bit and I'll be like 'fuck, I need a smoke right now. Right now'. And there will be times like I don't know, I feel like I always use this as an example, and I'm so sorry to him for saying this, but if I have an argument with my boyfriend, and I'm really upset, I'll always be like 'I need space. Like, I'm going to just step out and just have fresh air'. This is when I wasn't smoking, right? And as soon as I stepped out into that back garden I was like, I would kill for a cigarette. I would kill for a cigarette right now. And I would be like looking in the kitchen seeing if his dad left a cigarette somewhere. I'm like, just one, just a really quick one. And then I'll wipe my mouth and then nobody will know I smoked one. But then that cannot happen because his dad now vapes. So that doesn't help if I have

a very bad tantrum. But that's what's happened. For me, it's a way to liberate emotion. And I know I've said sometimes I also just need to have my headphones in and just listen to very loud metal music and just that's kind of like my anger coming out as well if I'm angry. But I don't know, for me, I've done it so long since I was eleven that I've always used it as a coping mechanism, and so for me it's very mental in the sense of quitting but I know I can't quit. Like I said, I've done it before, but it's just that I have to work on my coping mechanisms better than I have before. Yeah, in terms of the other two, I guess in a sense as well with my other bad habits, they all connect in a sense because if I'm not smoking, I'm overeating. But if I'm trying to stop myself from overeating, I'm smoking. And then I will hold a grudge or hold on to an emotion or- another thing with me is that I have a very short fucking temper. Like anything can piss me off. Even if you've done nothing wrong, you piss me off. This happens a lot when you're in a relationship. And a lot of times my boyfriend might have not done anything, nothing at all. And he'll be like "why are you looking at me like that? Why are you mad at me?" And I'll be like "it's nothing. It's fine". I think my problem is that I cannot- this is very contradictory, which is what you get because we're humans, right? But I consider myself a very transparent and honest person, like, I'll say it as it is. But then when it's my boyfriend, I'll be like, It's fine. Never mind. It's fine. I'm fine. And I'll just don't say anything. I'll go for a smoke instead. But for me, it's like finding- I try, and Maga knows that I try very hard to work on my habits and stuff and be more vocal about my emotions and being, but I think the root of all of this is because it comes from my trauma guys, my mental health. But yeah, I guess I'll leave it at that and move on to the next question, which is like, can you get other people's bad habits Maga?.

[00:27:33.810] - Mags

I think you can because I personally have had that experience, especially in a relationship I've taken- I mean, I'm pretty sure my bad scrolling habit has come from other people that I've been with and who spend a lot of time on their phone. And so I've just picked up that habit for some reason because it's almost like something we do together, which is not very good, and it's not a good way to spend quality time with someone as well.

[00:28:08.720] - Cass

Yeah, remind yourself of that when you're here in my bed scrolling through your phone and I just want cuddles.

[00:28:16.670] - Matt

Girl, you say that you're the first one to go on TikTok when we wake up in the morning. Don't even @ me.

[00:28:22.660] - Cass

That's such a lie. You wake up before I do. And when I wake up, and I go and cuddle you, you're on your phone. You're on your phone when I wake up in the morning.

[00:28:32.370] - Mags

So I'm supposed to be waiting for you while you're snoring away?

[00:28:35.910] - Cass

I don't snore. You wheeze when you're fucking sleeping. Do not @ me to our listeners.

[00:28:45.830] - Mags

No, I'm joking. No, but we have a mutual understanding. Like, when we spend all day together, we like 30 minutes of TikTok where we don't talk to each other. We just need a break.

[00:28:56.780] - Cass

But even that 30 minutes, we still send each other stuff and we communicate through sending each other TikToks-

[00:29:03.270] - Mags

Literally we don't talk to each other or show the TikToks, we just literally send it to each other!

[00:29:10.290] - Cass

Literally.

[00:29:10.950] - Mags

But it's more in the sense that I've picked up, I think, from a relationship especially, there was one relationship where the other person was really on their phone all the time, even when we were together, like doing things like things like watching a movie or whatever, they'd always be on their phone, always distracted by their phone, et cetera, et cetera. And I kind of just picked up the habit like I can remember myself, just like my screen time- and this is not blaming them in any way, they do their own life. I was just probably really influenced.

[00:29:48.070] - Cass

'Who are you texting? We're watching Finding Nemo. Who are you texting?

[00:29:56.430] - Mags

Finding Nemo? Never. No. It was more like yeah, I think I was just really easily influenced, and I think when you're in relationships as well, you tend to pick up the other person's mannerisms. I think

that's something you do. I don't know if it's a way to show love or appreciation for the person, but I think you kind of pick up the way they talk, the way they act and stuff and so, I kind of picked that up and I just sort of defaulted to that. And then we just spent a lot of time together just on our phones and it wasn't very healthy. But then when we broke up, obviously I kept up the habit, which was not a good one. And because the relationship I'd had before that as well, I think it's important to note the person didn't have social media. So a lot of the time we wouldn't be on our phones. And so that's why I think I picked it up from the relationship after that, where we were on our phones a lot and where that person was on their phone a lot. And then obviously the pandemic didn't help, where we kind of were running out of things to do at home. I definitely think you can pick up habits from other people, especially if you're very influenced, if you're someone who listens a lot to what others says, who's quite open minded and things, I think you can pick up bad habits. There's also things like peer pressure that can lead to bad habits. For example, smoking is a good example of that know someone will offer you like a fag, or I should probably say cigarette, because I don't want to offend anyone. But in the UK, a fag is literally just a ciggy you know, and 'do you want to smoke?' And then you're like, oh whatever. Just especially when you're younger. I think this happens. But you're like 'oh yeah, let me have a try'. And then you just become either addicted or you just form the habit of smoking. And so yeah, peer pressure is another big thing that I think can lead you to some bad habits. But then I don't think it's necessarily like the other person's fault. It's like you as an individual. You're obviously very malleable and influenced and maybe that's something to look into, that maybe you need to think, well, what is actually good for me, what is actually beneficial for me before I start doing it and start implementing other people's bad habits? Or even if you see your favourite celebrity smoking and you're like 'wow, they look so cool, I want to do that'. Or they're the type to stay up late at night and, I don't know, play video games or whatever. I'm picking the most random example, but you're like 'oh, yeah, that looks so good, I want to do that. That looks like a vibe'. And then you keep doing it and then that's when you form the bad habit. So I never know. You think you can get bad habits from others? I don't know if you've got any additional thoughts, Cassie.

[00:33:02.090] - Cass

I definitely agree. That's mainly the main reason why I started smoking. Well, not necessarily, I don't think, but I used it as an excuse, right? Like, when I started smoking, it wasn't known to my family until years later and they would be like 'oh, why you start smoking?' I was like 'why did you? why did you start smoking?' I would be very defensive, but it would be like I said, my family used to smoke, my partner smokes, his family smokes. So for me, it was never peer pressure. I started picking it up because well, first off, when I was a kid, I saw it in my family that it happened. And although I grew up with the idea that I would never smoke, there came a time where I was like, I wonder if what they say of this helping with your emotions help in a way. And I started it and it was like, in a sense, when you're smoking, you take deep breaths, right? And I know this is a very stupid thing to say, but when you smoke, you take deep inhales, deep exhales. And that's kind of like how if you didn't smoke, that's where you would kind of regulate your breathing, your emotions and whatever. I just do that with a cigarette and a vape in my hand.

[00:34:32.630] - Mags

I see what you mean.

[00:34:34.010] - Cass

Yeah, but that's kind of like- because I notice when I'm going through a bad period and I smoke, compared to when I'm chilling and I smoke, the difference in how I smoke is very like that's what I said, it's like the deep breaths. Like when I'm smoking now, talking to you, it's like a drug, but when I'm I need it, I'll stick with it. The deepest breath I'll master and the deepest exhale I'll do. Do you know what I mean? It's like, I fucking need to chill out. If not, I'm going to do something very bad type of thing. So that's on smoking, in terms of my other bad habits, for example, what you said about your phone, I thought it was so funny, because in my relationship, my boyfriend hates his phone. Anything related to his phone because of past experiences or whatever. He has no social media. He doesn't even have a WhatsApp. You can only get him through text, email and phone call. You cannot get him anywhere else. And if you cannot get him through there, you show up at the house and that's it. You know what I mean? But he's the type of person that is like, if we're doing something, you're not on your phone. And I remember when we started dating, I was very into my phone. I was very into like make my Instagram super aesthetic like a Pinterest board. And I would start dating him and be on my phone all the time, and he was like "why are you in your phone? Like, we're having a conversation. You're sitting right here with me. Why aren't you spending quality time with me?" And I would be like "oh, my God. Okay". And then that's kind of where started seeing that I had kind of a problem with my phone, and now I can very easily not go on it if I don't want to. So that helped me, like, having someone that's that type of influential in my life because he's my partner, be like "yeah, don't be more mindful of your time with others, and don't be on your phone". And that's kind of where I got it. But with the other ones, I don't think my ones can at least I cannot say that I have an example because even if I try to use you as an example, I've never in my life offered a cigarette to Maga or a vape. I've never in my life forced her to eat and be like "oh, you've eaten so little. Like, why don't you eat more?" type of thing. Or- the only thing I'll do is be like "Maga, I'm still thinking about this thing that happened five years ago. Let's discuss it some more and see if we find any other plot twist". But no, I don't think my ones are more, like we said, more emotional and more mental apart from the smoking one. But like Maga said about peer pressure and stuff, I've never made someone smoke be like 'oh, I'm smoking. Why don't you try?' Like no, I've never done that. Or even if someone tried to do that to me when I was a kid, it would be my choice. But by the time I was a kid, I was already smoking. So I was like, I don't need peer pressure. Like, I already do it. Why are you offering me a cigarette? Thank you. I already have my cigarettes. I'll just nick one from you, I don't mind. But do you know what I mean? I don't think I could influence someone into overeating, for example, or being lazy, maybe that I can being like, "oh, you want to go out? Why not stay at home? It's raining, we could watch a film and read books", I don't know. But I do know that for example, with my emotions one, it's not that I can influence people or have someone else influence on me, but I think I can share that emotion with someone. Like I said, I'll have something that has happened to me before or that Maga has shared that experience with me, and we'll be talking about it all the time. But I also find that in that situation is my way of also dealing with it by having a conversation with someone and sharing it with someone. So, I cannot really say that I influenced someone into having that bad habit. But yeah, that's what I think, which leads us to a bit of a higher and happiest note and which is also our last note, which is what is hard about coming out of a bad habits Maga?

[00:39:06.670] - Mags

I think the thing is bad habits stick so much easier than good habits because they are so much more self-indulgent and they're so much easier for us to do. So, scrolling on your phone is so much easier

than getting up and doing a ten minute workout in this day and age because being on your phone just literally requires no brain power, almost no physical thing except like moving your hand. And you don't even have to think because the information is already all presented to you, you just have to react to it. And then with the others it's a bit different, I want to say, because a bad diet and bad sleep, you are making your life harder in a way, even though it's this weird dichotomy where bad habits are supposed to be things that are easy to do or don't demand a lot of brain power, but then having a bad diet is a hard thing to do because that means, especially for someone like me, you're a picky eater. That means you're making your life harder by not liking certain things and you have to find alternatives and things. And then like a bad sleeping pattern is actually you're going to bed later and later. So it's like you have to do your whole routine when you're tired, if you've got one, and then you wake up late the next morning, and it doesn't make your life any easier. But the habit itself is easier. It's kind of living in a very hedonistic lifestyle where you do everything out of pure gratification, pure instant gratification. And I think in a way, we've been wired to live like that, especially since technology has arisen, because everything is so readily available, that now when you have to wait or things take time or they require discipline, you're just like 'nah, don't want it'. So like keeping up with, I don't know, like a good workout regime is really hard because you have to stay consistent to see either results or to feel internal progress I guess. And I think that's why they're so hard because it's like good habits a lot of the time don't have instant gratification, they have more like long term benefits. So, for example, let's take meditation. Meditation is supposed to be one of the best things you can do for yourself because it helps with anxiety and depression. It gives you better control over your emotions and your thoughts and helps you be more open-minded and conscious of everything you do. But it takes forever to master. They say meditation, you have to wait a good eight weeks and do it constantly for eight weeks for you to even start feeling some benefit. And obviously, over the long term, meditation is really beneficial. There's been tonnes of studies, tonnes of case studies out there that prove that. But getting started is usually what's the hardest thing because you would so much rather be scrolling on your phone before bed than doing a ten minute meditation. And the results that you get, the dopamine and the reward that you get from your phone is so much more quicker than meditation because meditation you have to wait until it actually starts taking effect and you start seeing the changes to feel rewarded. So, I think that's why bad habits are so hard to come out of because they're so much easier. They implement this kind of hedonistic lifestyle. But a hedonistic lifestyle is not realistic. As humans, we need purpose, we need goals and we like challenges whether we like it or not, because then that gives us good dopamine, it gives us good rewards when we take time to do things and we wait and we're patient. But I want to say in this day and age, we're very impatient and we like to do everything that instantly gives us pleasure, rather than implementing good things that take a bit longer to reap the rewards of. Your thoughts?

[00:43:29.810] - Cass

I think I agree with what you say. I would say as well that for some people, the whole concept of discipline and stuff because we- I feel like I always connect things from when we were kids and stuff and education. Like when you're studying, that requires discipline. Being on top of your homework requires discipline, like having a routine in school and it requires discipline. If you have a hobby when you're a kid, like swimming or football or basketball, that's discipline. Then you grow up with those things. And when you're older, it's easier for you to implement those good habits or strategies into your routines. Now, for some people, if we think about discipline in school, a lot of people have very bad, very bad experiences with those types of things, either because they don't like their teachers or

they hated school, they had a bad experience in general, and so the whole idea just doesn't appeal. And then for a lot of people that didn't PE in school or didn't have any sports to do after school or whatever, the whole idea of having a healthy lifestyle, of being on top of their fitness and blah, blah later in life, unless you really want to make a change in your body, for example, it doesn't come easy. And it's like what you said about meditation, it takes eight weeks. And if we put that on the fitness area, they say that it takes like four to twelve weeks to see results. And I'm the first one that as soon as I do an ab workout or a leg workout, I go to the mirror, I'm like 'do I have abs now? Do I have a bombastic dump truck?' I'm like, 'is it there yet?' And when it's not, I'm like 'yeah, well, that was my one chance at getting it'. As well, I think that another reason, and this is from personal experience, another reason why bad habits, at least for me, are so bad, hard to come out of, is because you can find an excuse to not make them bad habits. And I started thinking about that when you were talking about the meditation bit, because I was like, first off, if I try to do a meditation right when I don't have the time, let's say I put a meditation to go to sleep. I won't get the benefits of it because I've fallen asleep in the first three minutes because it made me relaxed. Yeah, but I don't get the full session because I was so relaxed I fell asleep. And that also happens after I do yoga session. And I'm like, oh, I'm going to do a quick meditation, and then I'll just be lying on my yoga mat in my living room just passed out. But then it made me realise, for example, I'll be like, I don't know, I'll overeat. And part of my brain is like 'oh, like, I shouldn't have done that. That's overeating, that's bad for me'. But the other part of my brain, the Lizzie McGuire animated part of me would be like "but girl, you got your nutrients. You had vegetables, right? You had a bit of fruit, that's the things that you need in your diet. No? Then why are you complaining? You ate what you needed to eat". And then I'll be like having a smoke after a bad situation. I'll be like 'oh, I shouldn't have done this', blah, blah. And Lizzie McGuire would be like "girl, you were taking deep breaths, you were analysing the situation in your head while you're having a smoke, you now understand why you were made. Now you're calmer". It's not about the smoking, right? And it's like, all of these things. And then if I'm holding on to a grudge, it's like 'oh, I should learn to forgive and let go'. And Lizzie McGuire would be like "no girl, because they've done you so wrong. So like, why are you going to stop thinking about it? You're not going to forget because they did you dirty". Blah, blah, blah, blah. And it's like you self-talk yourself into accepting it and trying to look at different perspectives to see why it's a bad habit and why it's not. And that's literally how it goes in my head. It's like I'll have a mild burnout and not want to go to work, and I'll be talking myself into not going to work and at the same time going to work. I'll be sat on my bed looking out the window, being like, do I go to work? Do I not go to work? Do I call in sick? And then part of my Lizzie McGuire will be like "girl, you need a self-care day. Just stay at home. You burned out, why did you need to go? Just call in sick, it's just one day", blah, blah and that will happen. And so I think the most difficult thing is your mindset. If you don't have the right mindset to change your habits, then you're not going to make any progress. Like, it all comes from within you and from your mind. And if you want to start making changes to that, you have to one, analyse yourself and understand where your bad habits come from and why you have them and why have they progressed for so long, and then try to look for different ways on how you can solve the issues in a better way. But until you don't look deep enough and you don't accept yourself for who you are and stuff, and you keep yourself in this kind of enclosed mentality, you cannot go anywhere. I won't go too much into it because that's next episode. That's next episode up, so I'm going to shut up about this now.

[00:49:31.750] - Mags

Yeah!

[00:49:32.600] - Cass

Do you have any other thoughts?

[00:49:36.330] - Mags

I was going to say I think this is a good place to stop. And then I guess you can come back for part two of this kind of continuation, which is next episode on how we kind of eliminate our bad habits or at least try to make them less frequent and how to just generally come out of a rut, come out of a burnout episode. Like what do we do that helps us, how to maintain good habits, etc. So that's all the juicy stuff that's coming in next episode. But in the meantime, we hope you enjoyed this episode, and we encourage you to continue the discussion. Let us know your thoughts, ask us any questions or share your opinions and your advice with others. And us. Don't forget to rate us and give us feedback. Obviously that helps us improve the podcast, make sure that we're providing what you want to hear and yes, that we're basically still doing goody, goody.

[00:50:40.270] - Cass

So you can follow us on our socials, @acupofgrowthpodcast on Instagram and TikTok [don't have Twitter anymore] is @acupofgrowth and also, if you want transcripts for this episode or just see the coming blog post that Maga is going to be writing for this episode, you can check all of that on our website, which is acupofgrowth.co.uk. And while you're there, you can sign up to our newsletter, so you get all the good goods before they come out on the podcast and are published on socials. So yeah!

[00:51:16.490] - Mags

Yeah so here we are. You've been listening to Two Girls and-

[00:51:21.050] - Cass

A Cup of Growth.

[00:51:23.690] - Cass

Bye!

[00:51:24.990] - Mags

Bye!