

Quitting

July 23, 2026

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Breaking unhealthy habits or stopping unhelpful behaviors/activities can lead to feeling better. Some of these behaviors/activities might include:

- Substance use, including tobacco, alcohol, or drugs
- Excessive screen time, excessive food or certain types of food
- Unhealthy coping behaviors such as anger, withdrawing, etc.
- Unhealthy relationships (romantic, co-worker, family, or friends)
- Projects, meetings, commitments, or tasks in your control

What habit or activity are you doing that may not be serving its purpose?

How to Break Habits

- Habits can be good, so recognize the ones (or parts) which are not good/healthy (ex: eating)
- Recognize the habits which may release dopamine (pleasure)
- There isn't a right or wrong way to stop/control bad habits.
- Focus on why you want to change.
- Pick one (write it down and the date) and start.
- Any positive act of self-control "muscle" can make you stronger for next time
- Acknowledge the environment where it occurs and make changes
- Prepare for the urges and prepare a substitute (but a better one, and ideally more creative)
- It doesn't have to be cold-stopping; it can start with moderation, or less
- Some suggested ideas: Start small. Visualize yourself doing the good behavior. Enlist the help of friends/family. Reward yourself.

AGC Toolbox Talk

BUILT TO LAST

Substance Abuse

Substance Use Disorder (SUD): Mild, Moderate, Severe

- 1 in 10 employees is in recovery (alcohol, tobacco and marijuana are most prevalent in workplace)
- 14 million US employees in long-term recovery
- Of those with SUD, 95.6% did not receive treatment
- 26.9 million US working employees have a SUD (2021) (only about 5% seek help every year)
- 2/3 of US households are affected by SUD

Recovery Ready/Friendly Workplace

What best supports an employee (and their family) in their recovery or curiosity for recovery?

- Create a policy, program, or practice ([NIOSH Workplace Supported Recovery Program](#))

Quotes:

- “Quitting your worst habit will change your life faster than starting your best habit.” – Unknown
- “Liberty means responsibility. That is why most people dread it.” – George Bernard Shaw
- “Hardships often prepare ordinary people for an extraordinary destiny.” – CS Lewis
- “I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival.” – Audre Lorde

- [OHSU Recovery Ready Workplace Video](#)
- [Recovery Friendly Workplace](#) (Resources & Employer Certification)
- [National Safety Council – Response Ready Workplace](#)
- [CDC quitSTART](#) – Quit smoking free app

SIGNATURES