



Cancer CARE for LifeSM
an INTERLINK® Health Company

Why Changing Habits Is So Hard – and Why It Matters for Cancer Prevention

Most of us know that certain habits can raise the risk of cancer. Smoking, unhealthy eating, drinking too much alcohol, and not moving enough all play a role. In fact, nearly half of all cancers are linked to habits we can change.

So why is change still so hard?

Because habits aren't just choices. They are often how we cope with stress, find comfort, reward ourselves, or get through tough days.

Why We Hold on To Habits — Even When We Know They're Risky

Many habits feel helpful, even when they aren't good for our health.

- Smoking may feel like stress relief
- Alcohol may feel calming or comforting
- Skipping exercise may feel like protecting your energy

These habits don't stick because people don't care. They stick because they serve a purpose – even if they also come with a risk.

Real change doesn't start with willpower. It starts with understanding what a habit is giving you, and finding healthier ways to meet that need.

What You Believe Shapes What You Do

Research shows people are more likely to make changes when they believe:

- Their health risk is real
- The outcome matters to them
- Their actions can make a difference
- They are capable of making a change

When someone feels overwhelmed, tired, or defeated, facts alone aren't enough. But when people feel supported, confident, and hopeful, change becomes possible.



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Why Support Works Better Than Pressure

That's why at **Cancer CARE for Life**, we focus on support.

The goal isn't to make you feel bad about past choices. The goal is to help you feel strong enough to make new ones.

People are more likely to succeed when they have:

- Clear, realistic goals
- Simple, doable plans
- Encouragement along the way
- A safe place to ask questions

Change lasts longer when you are supported.

Small Steps Create Big Change

You don't have to change everything at once. Cancer prevention can start with small, realistic steps, such as:

- Walking a little more
- Eating one healthier meal
- Getting a screening you've been putting off
- Cutting back instead of cutting out
- Getting enough sleep
- Asking for help when you need it

Small steps add up. And every step forward matters.

What This Means for You

Whether you're trying to break a habit, start a new one, or simply take better care of yourself, you don't have to do it alone.

Support can help you understand your risk, build a plan that fits your life, and move forward at a pace that works for you.

Because preventing cancer isn't about being perfect - it's about having support as you move forward.

