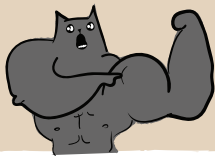


HOW TO TOUCH YOUR FACE LESS

The average person touches their face over **20 times per hour**. Breaking this habit is really, really difficult. It's so ingrained in what we do, it should be considered human behavior, not a bad habit. That being said, there are still ways to learn to touch your face *less*. These tricks are stopgaps intended to train your foul little fingers to stop prodding that extraordinary, marvelous face of yours.

Touch a different body part

Creating a counter-behavior is a proven way to break a bad habit. Every time you feel the need to touch your face, try touching your arm instead.



I am touching my muscles ...
for safety.

Hold a toy



Try holding a (disinfected) Rubix Cube, stress ball, or action figure. This will keep your hands busy and cut down on the number of times you touch you face.



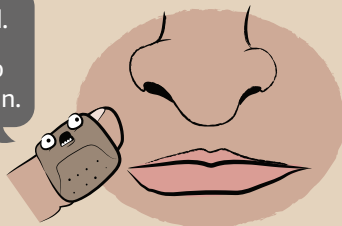
Play with me. Play with He-Man.
Do it for the greater good.

Put a bandaid on your favorite finger

This won't stop the spread of disease, but it's a clever way of interrupting your brain's bad habit of jamming your fingers into your eyes, nose, or mouth.

It's a sensory clue that can help turn an unconscious habit into a *conscious* one.

Don't do it, Cheryl.
Don't put me into
that dark hole again.



Acknowledge the urge

Simply reminding yourself not to touch your face isn't going to get you anywhere. Suppressing urges only makes them worse. Instead, acknowledge the urge and then practice your counter-behavior.



I am once again touching my
extraordinary muscles ...
for safety.

Use a tissue to touch your face.

And wash your hands first, otherwise you're just touching your face with a contaminated tissue.



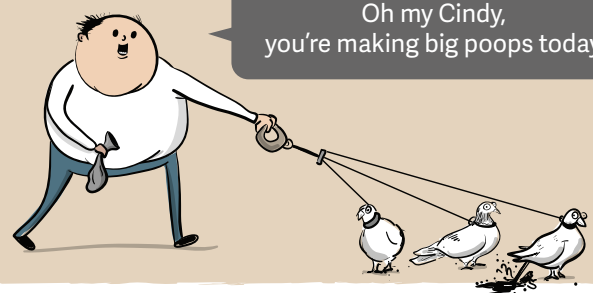
Wear gloves

This is the same trick as the Bandaid. Gloves won't block the transmission of diseases, but wearing gloves can train you to touch your face *less*. It's a sensory clue meant to disrupt an unconscious act.

Remember: your fingers are like pigeons.

they are dirty, mindless creatures.
And unless properly trained,

they will wander.



Oh my Cindy,
you're making big poops today!