

Healthy Habit Forming

Small shifts that support
a *healthier mind and body*

When life feels overwhelming or fast-paced, it's easy to let your own well-being fall to the bottom of the list. But creating small, daily habits — from how you breathe and move to what you eat, how you sleep, or manage your finances — can help build a foundation of calm, clarity, and resilience.

From breathwork to ground yourself, mindfulness practices to shift your perspective, or movement to boost your mood, these habits can act as anchors — helping you managing stress, improve focus, and cultivate a greater sense of well-being.



Mindfulness to Anchor Your Day

Start your day with 5-10 minutes of mindfulness (check out [this 10-min guided session](#)), focusing on your breath. This practice helps you center yourself and build inner calm, setting a peaceful tone for the rest of your day.

Practice Gratitude

Incorporating a [daily gratitude practice](#) can shift your focus toward positivity. [Download our 5-minute gratitude journal](#) and take a moment each day to reflect on what you're grateful for. This simple habit can enhance your mood and cultivate contentment.

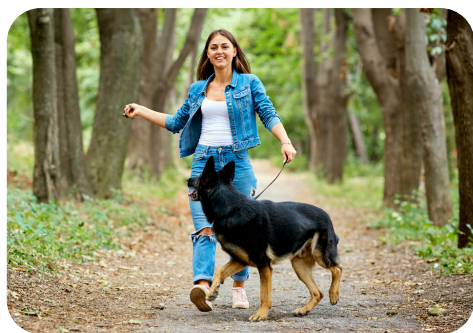


Connect with Others

Social connections are vital for mental health. Make it a habit to check in with loved ones or colleagues. Even brief connections can help reduce stress, promote a sense of belonging, and offer emotional support.

Journal for Clarity

Journaling is a powerful tool for processing thoughts and emotions. Set aside time each day to reflect on your day, jot down feelings, or focus on areas you'd like to improve. This can help clear mental clutter and foster greater self-awareness.



Get Outdoors

Spending time in nature helps to lower stress, improve mood, and enhance cognitive function. Try to get outside for a walk, even if it's just for a few minutes. Fresh air and a change of scenery can do wonders for your mental state.

Digital Detox

Setting boundaries around screen time, especially social media, can improve mental clarity. Aim for a “tech-free” hour in the evening or a digital detox on weekends to allow your mind to recharge without constant distractions.



Time Blocking

Structuring your day with time blocks can [increase productivity](#) and reduce overwhelm. Allocate specific time slots for work, breaks, and personal time to help you stay organized and manage stress more effectively.

Set Daily Intentions

Start each day by setting an intention. Whether it's focusing on staying calm in stressful situations or being present, setting a positive intention will guide your mindset throughout the day and keep you on track.



Incorporate Movement into Your Day

Whether it's a [morning stretch](#), a walk during lunch, or a short [workout session](#), movement boosts your mood and helps relieve tension. Regular physical activity improves both your physical and mental health, reducing stress and increasing overall energy.

Create a Mindfulness Habit to Anchor Your Day

One of the most powerful ways to support your mental wellness—especially in high-stress moments at work—is by forming a mindfulness habit.

Mindfulness is the practice of connecting to peace and calm in the present moment, using your breath as your anchor. While it might sound abstract, it's actually a simple and accessible practice that anyone can build into their daily routine.



Two Key Parts to Making Mindfulness a Habit

→ Daily Practice: *Start and End Your Day with Calm*

Establish a twice-daily mindfulness meditation routine to lay a foundation of inner calm and mental clarity. Start small—just 5 minutes in the morning and again at night. Sit comfortably (a chair or couch works perfectly), close your eyes, and begin by breathing in through your nose and out through your mouth. Focus on the sound of your breath. If your mind wanders (it will!), simply bring your attention back to your breath.

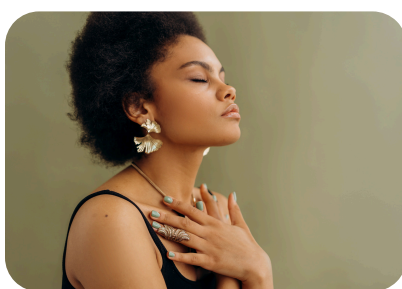
Over time, this simple ritual can grow into 10–15 minutes per session, helping you cultivate resilience, reduce anxiety, and carry a greater sense of groundedness throughout your day.



→ In-the-Moment Reset: *A Habit for Stressful Moments*

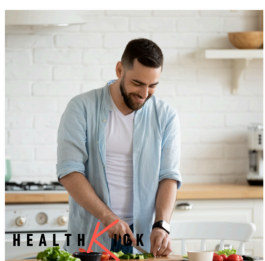
Create a mini-reset ritual to use anytime you feel overwhelmed. This 3-step technique is a powerful habit to practice daily, especially in moments of stress:

- Recognize – Notice when you're feeling anxious or tense. Awareness is the first step toward change.
- Refresh – Take 5–7 deep breaths in through your nose and out through your mouth. This instantly helps shift your nervous system into a state of calm.
- Replace – Gently replace stressful thoughts with something positive: a moment of gratitude, a recent win, or a vision of something you're looking forward to. Then take one small positive action to reinforce that state—send a kind email, check something off your list, or reach out to a coworker.



By turning mindfulness into a habit—through both daily practice and in-the-moment resets—you're training your mind to respond rather than react, grounding yourself in calm, clarity, and confidence.

→ Explore These On-Demand Videos



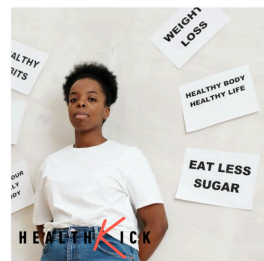
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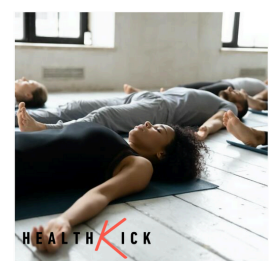
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