

Healthy Micro - Habits



Building Healthy Habits for a Better Future!

Let's build a healthier future together! Join our wellbeing initiatives this year.

Here are some examples of healthy micro-habits - which ones will you adopt in your own life?



Regulation & Recovery – The Foundation (to reduce tension and stay focused)



Improve Sleep Quality and Routine
→ Avoid screens at least 30 minutes before sleep



Relax Your Body and Mind
→ Take 3 slow, deep breaths to reset and refocus during the day



Reset Your Focus
→ Pause for 10 seconds before starting a new task



Incorporate Stretching into Your Day → 2 minutes of neck and shoulder stretching during a break



Energy & Physical Health (build energy and support the body)



Connection & Purpose (support mental wellbeing and resilience)



Increase Physical Activity
→ Incorporate short walks or movement into your daily routine



Drink More Water
→ Start your day with a glass of water



Limit Sugar Intake
→ Replace sweet snack with nuts or fruit



Strengthen Social Connections
→ Have a short conversation with one colleague



Volunteer or Help Others
→ Offer help or a small kind gesture



Express Appreciation
→ Thank one person for their support or contribution today

Your Health, Your Future: Start Today!