

WELLU@M

BUILDING HEALTHY HABITS

For a better you

**“SMALL STEPS TODAY, LASTING
WELLNESS TOMORROW”**

HT-you

WellU @HT Weekly Wellness Newsletter (Vol 6, Issue 1)

Welcome to this week's edition of the wellness newsletter!

Developing healthy habits is one of the greatest gifts we can give ourselves, and it does not have to happen overnight. From the moment we wake up to the last minutes before we close our eyes, our days are made up of routines, some intentional, others formed without us even noticing. These habits make life feel manageable, but are they helping us create the life we want?

This week, we are focusing on the power of habits and how small, mindful changes can lead to meaningful transformations over time. Making just one positive adjustment, like drinking more water, adding five minutes of movement, or spending a few moments on gratitude, can set off positive changes in many areas of our lives. Progress does not mean perfection; it is about choosing small, sustainable steps and building them into a lifestyle that supports our health and happiness.

Whether your goal is to move more, eat better, or find a sense of balance, remember that every journey begins with a single step. Each action you take strengthens your foundation for lasting wellness. Dive into this issue for tips, a fun challenge, and a little inspiration to help you build the habits that will lead to a healthier, happier life. The path to wellness is yours to create—one positive step at a time!

Maria P. Lopez
Program Coordinator



Understanding Habits

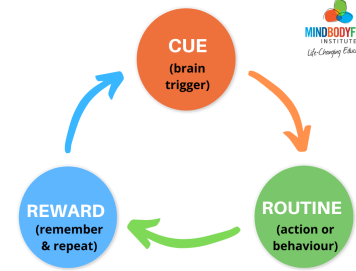
The Power of Forming Habits | David Nevins | TEDxCushingAcademy



To build healthy habits, it's important to understand what they really are. Habits are behaviors or routines that we perform regularly, often without even thinking about them. They develop through a process called **habituation**, where repeated actions become a natural part of our daily lives. For instance, drinking your morning coffee, brushing your teeth before bed, or washing your hands after using the bathroom are all examples of habits. Knowing how habits function is essential for creating new, healthier ones.

How Habits Are Formed?

Habits typically form through a three-step process known as the "habit loop," which includes:



- **Cue:** This is the trigger that initiates the behavior. It could be something like the time of day, your current mood, or a specific location.
- **Routine:** This is the actual behavior or action you take in response to the cue.
- **Reward:** This is the benefit you gain from performing the behavior, which reinforces the habit loop.

Reference: Gardner et al. (2012). Making health habitual: The psychology of 'habit-formation' and general practice. *British Journal of General Practice*, 62(605), 664-666.

Importance and Benefits of Good Habits

Habits are important because they shape our daily routines and ultimately our lives. Good habits can lead to positive outcomes in various aspects of life, such as health, productivity, and personal growth. Here are some benefits of good habits:

- 1. Health and Well-being:** Good habits like regular exercise, balanced eating, and adequate sleep can improve your physical and mental health.
- 2. Productivity:** Habits like time management, setting goals, and staying organized can help you accomplish more in less time.
- 3. Personal Development:** Reading regularly, learning new skills, and practicing mindfulness can contribute to continuous personal growth.
- 4. Consistency:** Good habits create a sense of routine and consistency, making it easier to maintain progress over time.
- 5. Stress Reduction:** Healthy habits can reduce stress by providing structure and predictability in your life.

Overall, cultivating good habits can lead to a more fulfilling and successful life.

8 BENEFITS OF BUILDING HABITS THAT ACTUALLY SERVE YOU



experience a greater sense of joy and fulfilment



reduced stress and symptoms of anxiety



improved physical and mental health



greater likelihood of achieving long-term goals



motivate you to create a healthier lifestyle



better quality of sleep



increased productivity and focus



more energy

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Steps to Building Healthy Habits

Building healthy habits is a journey that requires intention, patience, and persistence. Here are key steps to help you create and maintain those habits effectively:



Start small

Begin with simple changes to make forming habits easier.

Example: Try 10 minutes of daily exercise instead of an hour.



Consistency is Key

Repeat your habit at the same time each day.

Tip: Link new habits to established routines, like exercising after breakfast.



Set Clear Goals

Define specific, measurable goals.

Example: "Eat five servings of vegetables daily" instead of "eat healthier."



Track Progress

Use a journal or app to monitor your efforts.

Why: Tracking boosts motivation and helps you see progress.



Stay Flexible

Adapt when things don't go as planned.

Tip: If you miss a day, just start again.



Build a Support System

Share your goals with supportive people.

Why: A strong support network keeps you motivated.

Paula's Corner

Building Healthy Habits!

In this week's post, I share a short video on how to build healthy habits one step at a time. Even the smallest actions are steps in the right direction!

WellU RAM Wellness Program: Building Healthy Habits



Overcoming Challenges



Overcoming challenges is a crucial part of building lasting habits. This mind map breaks down common obstacles people face and offers practical solutions for each. From maintaining motivation to managing time constraints, each branch provides simple strategies to address potential setbacks. For example, if motivation is a struggle, setting clear goals, rewarding progress, and seeking inspiration can help. Likewise, a supportive environment, removing negative triggers, and building social connections can encourage consistency. By identifying these challenges early and tackling them with targeted solutions, we can stay on track and make meaningful progress toward our goals.

The Choice



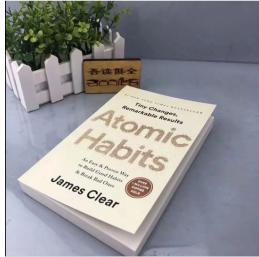
Resources and Tools



Habit Tracking Apps

Habitica: Makes habit-building fun by turning it into a game.

Streaks: Track up to 12 tasks to turn them into daily habits.



Books

Atomic Habits by James Clear. It is a practical guide to forming good habits.

The Power of Habit by Charles Duhigg. It provides insights into the science of habit formation and change.

Join this November the WellU RAM Wellness Program Activities!

November 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T H A N K F U L					1 Mindfulness 11:30 am via Zoom	2 
3 	4 Mindfulness 11:30 am via Zoom Cardio HIIT 5:30 pm HT's Gym Kickboxing 6:30 pm HT's Gym	5 Bring Fitness to Your Office 10:30 am via Teams Line Dance 6:15 pm	6 Chair Yoga 9:00 am via Zoom Cardio HIIT 5:30 pm HT's Gym Kickboxing 6:30 pm HT's Gym	7 Workout of the Day 10 Squats 10 Sit-ups 10 Crunches	8 Mindfulness 11:30 am via Zoom	9
10	11 Mindfulness 11:30 am via Zoom Cardio HIIT 5:30 pm HT's Gym Kickboxing 6:30 pm HT's Gym	12 Bring Fitness to Your Office 10:30 am via Teams Line Dance 6:15 pm	13 Chair Yoga 9:00 am via Zoom Cardio HIIT 5:30 pm HT's Gym Kickboxing 6:30 pm HT's Gym	14 Challenge of the Day Use the stairs instead of elevators	15 Mindfulness 11:30 am via Zoom	16 
17 	18 Mindfulness 11:30 am via Zoom Cardio HIIT 5:30 pm HT's Gym Kickboxing 6:30 pm HT's Gym	19 Bring Fitness to Your Office 10:30 am via Teams Line Dance 6:15 pm	20 Chair Yoga 9:00 am via Zoom Cardio HIIT 5:30 pm HT's Gym Kickboxing 6:30 pm HT's Gym	21 Challenge of the Day Write in a journal 5 things you are grateful for	22 Mindfulness 11:30 am via Zoom	23 
24	25 Mindfulness 11:30 am via Zoom Cardio HIIT 5:30 pm HT's Gym Kickboxing 6:30 pm HT's Gym	26 Bring Fitness to Your Office 10:30 am via Teams Line Dance 6:15 pm	27	28	29	30
THANKSGIVING BREAK						



Carlos Cervantes

Carlos is using Smore to create beautiful newsletters

