

# Tip sheet

## Healthy habits

It's easy to get caught up in the chaos of everyday life. That's why building and maintaining healthy habits can be a game-changer.

You can start with small, manageable changes. Setting unrealistic goals can lead to frustration and burnout. Gradually build your habits until they become second nature.



### Tips for forming healthy habits

#### Prioritise sleep

- Aim for 7-9 hours of sleep per night
- Create a bedtime routine to signal your body that it's time to wind down.

#### Exercise regularly

- Incorporate physical activity into your daily routine
- Exercise releases endorphins, which boost mood and reduce stress.

#### Mindful eating

- Pay attention to what you eat and how it makes you feel
- Focus on a balanced diet
- Use portion control.

#### Embrace stress management

- Identify stressors in your life and take proactive steps to minimise them
- Develop coping mechanisms for stress, such as deep breathing or meditation.

#### Build positive relationships

- Invest time in nurturing your relationships
- Surround yourself with people who uplift and support you.

#### Time management

- Organise your day with a list or planner
- Prioritise tasks and set realistic deadlines
- Learn to say no when necessary to avoid overcommitting and burnout.

#### Keep learning

- Challenge yourself to acquire new knowledge and skills regularly
- Engaging in lifelong learning can boost your self-esteem and expand your horizons.

Regularly assess your habits and their impact on your life. Adjust and refine as needed to align with your evolving goals and values.

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