

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.

Contact

0508 664 981
assistance@vitae.co.nz
www.vitae.co.nz