



## Small Adjustments, Big Results

Fine-tuning your existing daily routines can change the course of your health. Small changes are helpful because they typically do not disrupt your normal routines. Many are barely noticeable, yet can bring significant results over time.

### Here are some effective ways to make small changes to your daily habits:<sup>1,3</sup>

- **Stack Your Habits:** James Clear, author of Atomic Habits, encourages habit stacking, which involves pairing a new habit with a habit you already do each day.<sup>2</sup> For example, pair a new morning habit with something you already do daily, such as brushing your teeth.
- **Start Your Day with Hydration:** Begin each morning by drinking a glass of water. This simple habit can kickstart your metabolism, improve digestion, and help you stay hydrated throughout the day.
- **Incorporate Movement:** Look for opportunities to move your body throughout the day, even if only for a few minutes. Whether you take a stroll during your lunch break or take a short stretch break at your desk, short bursts of activity can boost your cardiovascular health and elevate your mood.
- **Out of Sight, Out of Mind:** Rearrange your fridge and pantry so better-for-you options are front and center, making healthy foods the easier choices.
- **Up Your Snack Game:** Prepare better-for-you snacks so they are as easy to grab as that bag of chips. Replace processed snacks with fresh fruits, nuts, or yogurt. The simple substitution of water for sugary drinks can have a big impact on your overall diet and health as well. Small dietary changes improve nutrition, help maintain energy levels, and prevent mid-afternoon slumps.
- **Practice Mindful Breathing:** Take a moment several times a day to practice deep, mindful breathing. This practice can reduce stress, lower blood pressure, and improve mental clarity. Just a few minutes of deep breathing can help you manage stress more effectively.
- **Stay Socially Connected:** Make time for quality social interaction, whether it is a call, video chat, or getting together in person. Building and maintaining positive relationships can enhance your emotional health, provide emotional support, and improve your overall quality of life.

Health improvements do not happen overnight and they do require a long-term commitment to doing things differently, but making small changes can bring big results. The key to any behavior change is consistency.

1. American Heart Association. "How to Break Bad Habits and Change Behaviors." December 14, 2023. Accessed November 12, 2024. <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/how-to-break-bad-habits-and-change-behaviors>  
2. James Clear. "How to Build New Habits by Taking Advantage of Old Ones." Accessed November 12, 2024. <https://jamesclear.com/habit-stacking>  
3. Medium. "100 tiny changes to transform your life: from the one-minute rule to pyjama yoga." January 1, 2024. Accessed November 2, 2024. <https://medium.com/personal-growth/micro-habit-stacking-25-small-changes-to-improve-your-life-f8cd3444412d>