



Toolbox

Habit Stacking

Habit stacking is about building a healthier lifestyle by incrementally adding positive habits to your daily routine. If the COVID-19 pandemic has thrown you out of step, habit stacking might help you regain your rhythm with modest stress(busting practices.

The goal of habit stacking is to tie +and eventually" stack, tiny but beneficial new habits onto your old ones every day. -or example" When you shut your alarm off in the morning" take a moment to stretch your arms" legs" ankles and feet before springing into action.

Here are some other ideas for stacking habits to get you started.

No! You can habit stack all sorts of things. Try adding in moments of mindfulness when you brush your teeth" or improve nutrition by washing and cutting your fruit while you wait for your morning coffee to brew.

- What is a habit you have struggled to adopt?