



Become a Creature of (Healthy) Habits

Healthy behavior can be habit-forming, just like anything else. Determine how you want to improve, then find small ways to consistently work toward that goal. Remember:

- You don't need to spend hours in the gym to live an active lifestyle. Get up and move every hour or two at work, and squeeze in longer workouts when you can.
- Small changes add up to big improvements in your diet. The key is to read food labels to avoid hidden sugars and eat whole, fresh foods whenever you can!
- Set a sleep schedule to get better rest. Train your body to get tired and wake up at the same time of day and you'll find it easier to fall asleep.
- Find a calm moment or two in your day. Everyone feels and deals with stress differently. Plan small breaks in your day to care for your mental wellbeing.
- Establish (and stick to) a budget to limit impulse purchases and reduce financial worries.

YOUR WELLBEING ACTIVITY

BUDGETS: BORING BUT NECESSARY

When you set a budget that works for you, you take the first step toward reducing financial stress.

The financial activity worksheet will help you analyze your income and spending.

