



Be Well. Care Well.

# Be Well Bulletin



## Developing Healthy Habits

Developing healthy habits is a cornerstone of maintaining overall well-being and enhancing quality of life. By integrating small, positive changes into your daily routine, such as prioritizing balanced nutrition, regular physical activity, and adequate sleep, you can significantly improve your physical and mental health. These habits not only help in preventing chronic illnesses but also boost mood, energy levels, and resilience against stress. Additionally, practices like mindfulness and gratitude can cultivate a positive mindset, nurturing both emotional and mental health. Embracing these habits may seem challenging at first, but with consistency and patience, they become second nature, paving the way for a healthier, more fulfilling life. Remember, the journey to well-being is a marathon, not a sprint, and every small step counts.

### Upcoming Trainings

**September 11<sup>th</sup>, 2025**

SC Thrive: Stress Management

6:30 PM – 7:30 PM

**September 16<sup>th</sup>, 2025**

Building Your Bounce: Promoting Adult Resilience

6:30 PM – 7:30 PM

**September 18<sup>th</sup>, 2025**

Money Management Matters: Part 4: Building Wealth through Homeownership

6:30 PM – 7:30 PM



**SEPTEMBER 2025**



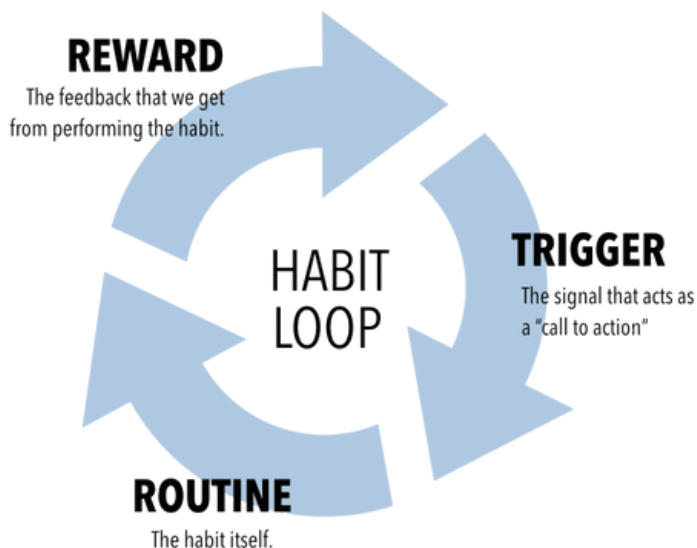
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## Tips for building healthy habits

The habit loop is a simple pattern that helps us form and stick to habits. It's made up of three parts: the trigger, the routine, and the reward. The trigger gets you started, the routine is what you do, and the reward makes you want to do it again. Over time, this loop weaves the habit into your daily life. Knowing how it works can help you build habits that boost your personal growth and success.



- **Plan Ahead:** Recognize unhealthy habits and triggers. Set achievable goals and outline the steps needed to reach them.
- **Transform Your Environment:** Create conditions that facilitate healthier choices. Eliminate temptations and advocate for community improvements, such as safe walking areas.
- **Seek Support:** Connect with friends, family, co-workers, neighbors, or groups for encouragement, or invite others to join you in your journey.
- **Engage in Healthy Activities:** Fill your schedule with exercise, hobbies you enjoy, or quality time with loved ones.
- **Monitor Your Progress:** Keep a record of your journey to help maintain focus and identify any setbacks.
- **Visualize the Future:** Consider the long-term benefits to motivate yourself and stay committed.
- **Celebrate Achievements:** Treat yourself to a healthy reward, like a massage or personal time, when you reach a small goal or milestone.
- **Practice Patience:** Remember that improvement takes time and setbacks may occur. Concentrate on progress rather than striving for perfection.

**Source:** <https://newsinhealth.nih.gov/2018/03/creating-healthy-habits>

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