

5 Daily Habits

Use these **five** daily habits to stay grounded, focused, and resilient as you find your rhythm. Small, consistent habits can help bring a sense of calm, focus, and balance to each day.



Start with Gratitude



Begin your day by identifying one thing you're thankful for.



Hydrate First

Keep a water bottle nearby and drink consistently throughout the day.



Take a Breathing Break

Pause for 60 seconds and take a few slow, deep breaths.



Focus on Your Top 3

Write down the three most important tasks you want to accomplish today.



Connect with Someone

Reach out to a coworker, friend, or family member. Small connections make a big difference.



Need Additional Support?

Contact Us Today!

800-801-4182

www.bestcareeap.org