

February Mental Health Tip of the Month

Benefits of Micro Habits



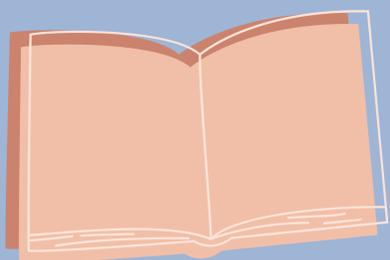
WHAT ARE MICRO HABITS?

Micro habits are actions that can be incorporated into your normal routine with minimal effort. They are small changes but can lead you toward big results.

WHAT MAKES MICRO HABITS DIFFERENT FROM GOALS?

Long term goals are broad statements that often require forming new habits. Micro habits are realistic, specific actions that allow you to work up to a larger goal.

On the right are some examples of long term goals and micro habits that might contribute to that goal:



LONG TERM GOALS

"I'm going to eat healthy."

"I'm going to meditate more."

"I want to read 10 books this year."

MICRO HABITS

"I'm going to try one new healthy meal a week."

"I'm going to practice deep breathing for 5 minutes 3 days a week."

"I'm going to read 3 pages before turning on netflix."

SCIENCE BEHIND MICRO HABITS

- Due to our brain chemistry, we really are creatures of habit. For change to stick, our brains require realistic, incremental, repetitive action over time. Therefore, micro habits form the path to least resistance for major change.



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