



Habits

Habits are defined as a settled or regular tendency or practice, especially one that is hard to give up. A habit tracker (below) is a simple way to measure whether you did a habit.

Build good habits, work to break bad ones

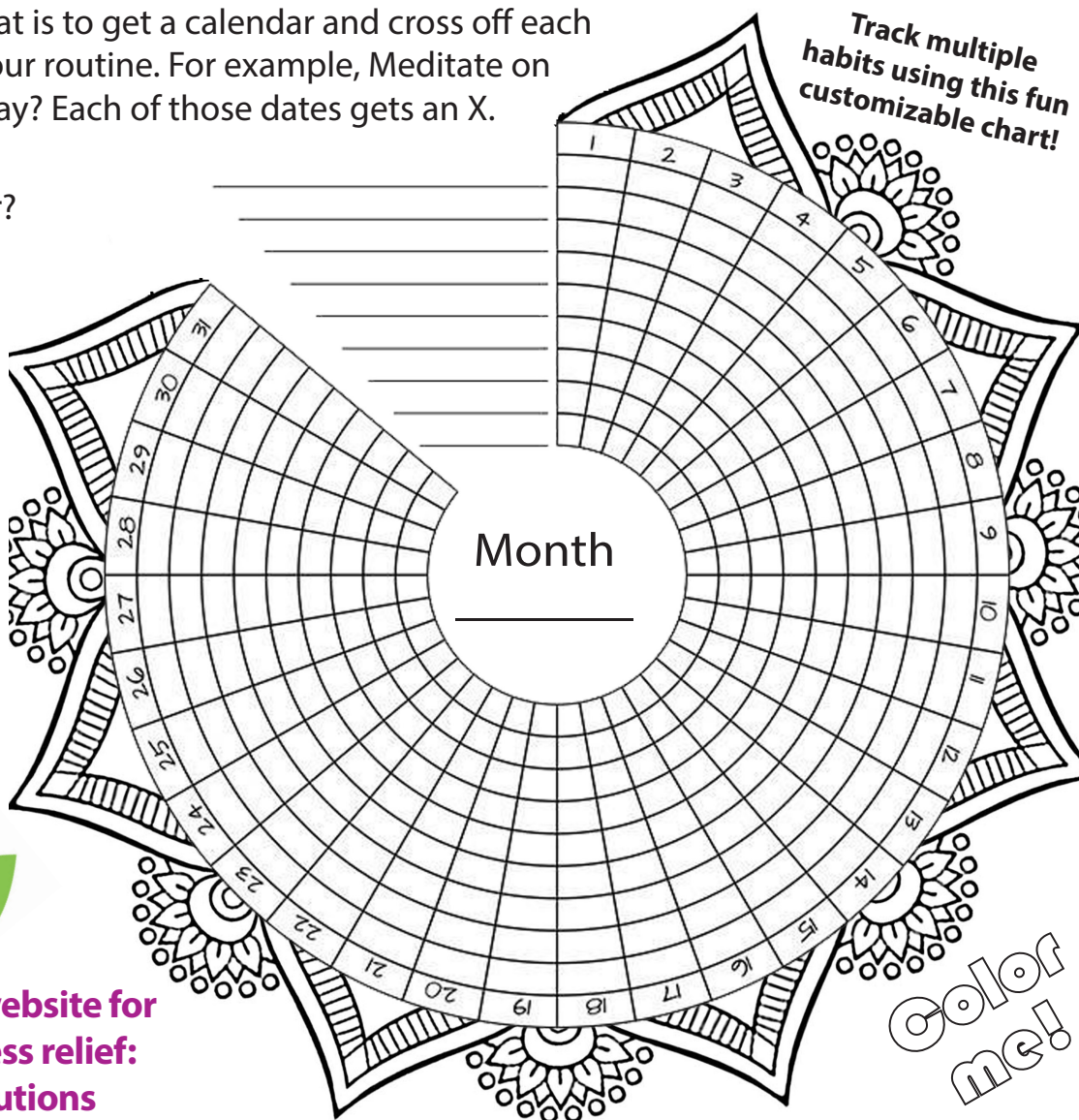
The most basic format is to get a calendar and cross off each day you stick with your routine. For example, Meditate on Mon., Wed., and Friday? Each of those dates gets an X.

Giving up smoking?
Drinking more water?

Track it here!

The days of the month are listed at the top in section of the circle.

Please know that you are not alone. It is normal to feel these things during uncertain times.



Visit our website for more tips on stress relief:
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