

TOTAL TURNAROUND

MAKE MEANINGFUL MICRO-HABITS



Ever heard the expression ‘go big or go home’? **Don’t buy into that mentality when it comes to making a total turnaround** with your wellbeing because it’s the little things we do each day that make a big difference.

So, if you feel like you’re not making the progress you would like to, then perhaps this is an opportunity for a reset – and stacking micro-habits might be just the way to go.



What’s a micro-habit, you ask?

It’s just what it sounds like – a small, manageable habit you can slot into your daily routine that positively impacts your overall wellbeing. Here are some examples of things you can do to positively contribute to your Total Turnaround, one micro-habit at a time:

STAY HYDRATED.

Want to up your water intake? Measure how many cups of water you are drinking per day and gradually increase that until you reach your goal – between two and three litres per day is generally recommended.

MOVE MORE.

If your job keeps you deskbound, seize opportunities to get up and move around during the day. Keep track of how much you are moving by using the step counter on your phone and try adding an extra 100 steps a day to build up towards your goal.

EASY DOES IT.

Want to cut some calories? Try taking it one step at a time. For example, if you usually have two sugars in your tea or coffee, drop this to just one sugar and then a half before dropping to zero. Opt for low-fat milk in your coffee, replace one coldrink a day with a glass of water...you get the idea. Pain in the neck? Try incorporating five minutes of stretching into your morning routine, and once this is established, make the session longer or incorporate small blocks of stretching at other times of the day.

BE ONE WITH NATURE.

Time spent in nature has been linked to better mood, lower stress and improved attention span, among other benefits. Replace some time spent scrolling through your social media feeds to take a walk, work in the garden or enjoy a mindful moment outside. Just ten minutes a day could make a world of difference.

NEED TO CATCH MORE ZZZS?

Try going to bed five minutes earlier every night until you have reached your sleep goal.



SOCIAL INTERACTIONS BOOST?

Want to boost the quality of your social interactions? Just once a week, reach out to one friend or family member who brings out the best in you – schedule reminders about these texts, calls or visits on your calendar so that you keep it up.

These are just some examples of how micro-habits can easily be incorporated into your routine, helping you to make your Total Turnaround on your own terms.



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LET’S DO THIS,
OMSMAF FAMILY!

CHAT SOON,
THE OMSMAF TEAM