

Start Making Good Habits Today (Facebook Forum post 1 April 2020)

In these uncertain times, whether you're at college or back home, one of the most important things we can do is start to form good habits in order to help ground ourselves and maintain some consistency in our lives.

1. Try not to go on your phone for the first 30 mins of your day. Going on your phone as soon as you wake up can set a tone of stress for the day. Instead try yoga, journaling or even going for a run.
2. Practice gratitude. Try writing down the 3 things you're grateful for each day. It's good to appreciate the positive things when everything seems negative.
3. Plan your days in advance. Allocating time blocks to different tasks throughout the day helps you be more productive and less anxious about your work load.
4. Spend 10 minutes each day learning something new. Try learning a new language, guitar or to do a handstand ([Max Gordon](#))
5. Read before you go to sleep. Start with a page then gradually build up. You'll find you sleep better and retain more of what you read.

Have a watch of this video for tips on how to make a habit stick:

<https://www.youtube.com/watch?v=C1TSpcnNtEs>

Have a great day!

#ThriveAtMarks