


A Mind-First Wellness™ Tool

Where to Start: 1-Degree Shifts

Small changes add up to big changes over time. A 1-degree shift is any small behavior change you intentionally make in order to move you towards a values-driven goal. If you don't know where to start, try some of these 1-degree shifts in each of the Four Cornerstones of Mind-First Wellness.

<p>REFLECT</p> 	<p>MOVE</p> 
<ul style="list-style-type: none"> • Each day, identify one thing you are grateful for. • Sit in silence for one minute each day, preferably toward the beginning of the day. This could mean drinking coffee in silence or choosing to be silent during your morning commute. In the silence, try to become aware of your thoughts. • Begin a journaling practice. Aim to journal for a minimum of five minutes every day. If you can pair your journal writing with another activity that you already regularly do (e.g., drinking coffee in the morning), that will boost your chances of having the journaling practice stick. 	<ul style="list-style-type: none"> • Take a 10-15 minute walk each day, aiming for the same time during the day to make it a habit. Put it on your calendar and treat it like an appointment. • Practice a simple 5-minute stretching or yoga sequence each morning. • Park farther away than you typically would in order to get extra steps in each day. • Pair physical activity with another activity that you already do and enjoy. For example, during a time you might typically call a family member or a friend, go for a walk and talk to them while walking.
<p>FUEL</p> 	<p>CONNECT</p> 
<p>Sleep</p> <ul style="list-style-type: none"> • Set a simple, 3-step bedtime routine (i.e., brush teeth, stretch and journal) • Avoid watching TV in your room or using your phone in your bed. • Avoid alcohol and caffeine in the evening. <p>Nutrition</p> <ul style="list-style-type: none"> • Eat meals and snacks on a regular schedule. • Include whole, nutritious foods in each meal. <p>Hydration</p> <ul style="list-style-type: none"> • Replace one soda with a glass of water. • Before your morning coffee, drink a glass of water. 	<ul style="list-style-type: none"> • Use everyday encounters as opportunities to connect. Focus on making eye contact with someone you might not otherwise make eye contact with (e.g., while walking in the grocery store or in the check-out counter). • Select a family member or friend who you want to dedicate time to. Choose the day and put away all distractors (e.g., phone, computer). Focus on just being with the individual, focusing all your attention on them for 10 full minutes. • Set an alarm on your phone for a time of day that you are usually free. When the alarm goes off, text or call someone that you care about.