

Tiny Habits® | for Reducing Stress

1. After I wake up in the morning, I will open a window and take a few deep breaths.
2. After I turn on the shower, I will say a quiet prayer of gratitude.
3. After I pour my coffee or tea, I will sit down on my meditation pillow.
4. After I get the kids on the school bus, I will express a thought of gratitude to a neighbor.
5. After I sit down with my coffee, I will open my journal.
6. After I start my exercise, I will say, "Peace is every step" (Thich Nhat Hanh).
7. After I realize I have X amount of time before I need to leave, I will set a timer on my phone.
8. After I finish my lunch at work, I will walk outside.
9. After I arrive at my appointment, I will put my phone away and be with my own uplifting thoughts.
10. After I pack my work bag, I will tidy my workspace for five minutes.

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11. After I sit down on the train, I will launch my meditation app.
12. After I receive an e-mail from the PTA asking for help, I will reply, "Sorry I can't help this time around, but please ask me again in the future."
13. After I get upset with a family member, I will take a walk to the mailbox alone.
14. After I take the dog on a walk, I will identify a bird or plant that I see.
15. After I clean up from dinner, I will make an herbal tea.
16. After I put my kids to bed, I will light a candle and turn off the overhead lights.
17. After I run my bath, I will put in a few drops of essential oils.
18. After I get my pajamas on, I will set out one item for work the next day.
19. After I get in bed, I will close my eyes and chant, "Om."
20. After my head hits the pillow, I will think about one thing I'm grateful for from the day.

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