



Tip sheet

Finding comfort in a new healthy routine



[Speak to an expert](#)

When it comes to building a healthier lifestyle, you might be more successful with adding in new behaviours rather than attempting to break maladaptive routines.

Anything you do regularly and consistently can become a ritual. Yes, including the “bad habits” many of us may have adopted since having our normal routine disrupted by the pandemic, like avoid exercising because the gym is closed or choosing screen time over sleep. Maintaining a daily routine is crucial to an overall sense of wellbeing.

Learn more about how behavior change works from the renowned expert Dr. BJ Fogg in his 5-part video guide, [How habits really work](#).

We've got some tips for every part of your day to help you get started year's holiday season.



Set the tone for the day

Beginning your morning with your health and wellbeing in mind is key to building a great daily routine. In fact, studies show that our willpower and motivation to engage in healthy behaviours is strongest in the morning, so take advantage of it!



Wake up at the same time each day.

By allowing yourself plenty of opportunity to complete each step of your new morning ritual, you'll avoid feeling rushed and stressed, setting the tone for the remainder of the day.



Drink a glass of water when you first wake up.

This habit has a myriad of benefits, ranging from increased energy and productivity to improved hydration and immunity.



Have a healthy breakfast.

Remember what we said about willpower being highest in the morning? That applies to food choices, too. Go for a balanced meal that includes protein, whole grains and some healthy fats, like a Greek yogurt bowl topped with oats and a drizzle of nut butter or sneak some vegetables in with an omelette or egg sandwich.



Make time to move, whether it's a quick walk, twenty minutes of household chores or a morning workout.

You'll start the day feeling like you've already accomplished something, and you'll enter the afternoon with extra pep in your step.

Take a break

If you're working from home, you may want to change up some bad habits you picked up from years of the pandemic. Or if you're back in the office you may find it harder to integrate healthy habits. No matter where your work is happening, allow yourself small breaks throughout the day to recenter yourself and stay on task during working hours.



Get up and stretch between meetings or after long periods of work.

It's likely that your at-home workstation isn't as ergonomically correct as your office set-up, which could lead to musculoskeletal issues like chronic back and neck pain over time.



Step away from your laptop for a nutritious lunch.

Making time for a mindful midday meal can increase feelings of satiety while helping you avoid that afternoon slump.



Follow the "Pomodoro technique" for time management:

Work for 25 minutes, then take a 5-minute break. Take longer breaks (15 to 30 minutes) for every four pomodoro intervals.



Create an after-work ritual

It's important to establish boundaries when you're working from home to maintain some sense of normalcy and work-life balance. Adopting an after-work routine can help to signal that it's time to log off and disconnect from work for the day to recentre yourself and stay on task during working hours.



Sign off from work at an appropriate time as often as possible.

There may be occasions where a meeting runs over or a looming deadline keeps you working a little later than usual, but try to put away your work at the time you would normally end your shift at the office.



Step away from work—literally.

Go for a quick walk, run an errand or fit in that daily workout if you didn't get to it in the morning.



Prepare a healthy dinner with your family.

This can be a great bonding activity with your loved ones and gives you something to look forward to each night. Cooking with your kids, spouse or roommates can also make your nutritious meal taste better, making it easier to stick to a balanced diet and curtail late-night snacking.



Small changes can make a big difference. Try out one or two new healthy habits each day and find ones that work for you lifestyle and that you enjoy. With consistency and practice, your old habits will gradually be replaced with a set of new daily rituals, leading to a healthier, happier you.

Learn how Virgin Pulse can help you make healthy habits easy for every employee, every day with our science-backed approach and category-defining solutions. Virgin Pulse's Homebase for Health® connects data, people and technology to deliver high-tech, human-touch experiences that engage and reward individual journeys.



Homebase for Health®

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