

# Daily Practices to Improve Your Well-being



## Daily Practice Ideas:

Small changes can lead to significant improvements. Enhancing your mental well-being can be as simple as taking a few minutes for a self-care practice or making a small adjustment to your daily routine. In this exercise, we encourage you to try a simple change to your routine for 7 days and observe the impact on your personal well-being and daily satisfaction.


If you miss a day or two, that's perfectly fine! We encourage you to start again so you can effectively measure the success of these daily practices for you.

### 1. Gratitude Practice

Write down three things you are grateful for each morning or evening for seven days.

### 2. Digital Detox

Set limits on screen time or social media access daily. Make access available only during 1 hour of your day.

 **Tip:** You can block phone usage for all non-essential apps or specific apps for certain times of your day under the settings on your phone.


1. [Click Here for iPhone Instructions](#)

2. [Click Here for Android Instructions](#)

 **Tip:** Avoid looking at your phone one hour before you go to bed.

### 3. Daily Meditation

Start or end your day with a 5-minute meditation exercise. Focus on the present moment for 5 minutes. Bring your attention back to your body and your breathing whenever it may wander.

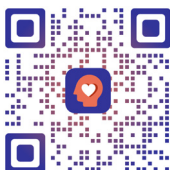
 **Tip:** You have free guided meditation exercises available through the Talkspace Go app. The app is free for members using organization code **ESIEAP**.

### 4. Give a compliment to a friend or stranger each day.

### 5. Take a 5-10 minute walk each day.



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## Monitor Your Results:

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

## Reflection:

1. How did this daily practice impact your daily outlook?
2. Was the practice easy to do daily?
3. Did you notice an impact on your mood?



Tips on creating and keeping healthy habits: [Changing Your Behavior for the Better](#)

