

Habit Stacking

Trying to start a new healthy habit? One effective strategy is [habit stacking](#) – linking together a series of actions to form a routine.

Let's say you want to start eating healthier lunches. You might pick a specific spot in your weekend routine to prepare containers of fruits and vegetables for the week. The key thing is to identify something that you already do without fail, then link the new behavior to your existing habit so it becomes part of your routine.

Some other examples:

1. **After I brush my teeth at night, I will take my medication.** Keep your medication next to your toothbrush to make this simple.
2. **While I pour my morning coffee, I will think of one thing I am grateful for.** Pick a time and place when it is feasible to add the new behavior. If mornings are hectic, try something else.
3. **Whenever I clock in or out at work, I will take a deep calming breath.** Or when I log out of my computer at the end of the day, I will make my to do list for the next day.
4. **During TV commercial breaks, or at the end of each episode, I will stand up and move around**—march in place, do some jumping jacks, stretch, etc.