



# From Surviving to Thriving

## Building Habits That Support Growth

### Why Habits Matter

Sustainable well-being doesn't come from dramatic life changes. It comes from the small, repeatable habits we build each day. These habits either support our growth—or keep us stuck in “managing mode.”

When we choose habits that nourish our mental, physical, and emotional health, we create momentum we can build on, even during demanding times.

### Habits That Keep Us Stuck in “Managing”

Some habits create cycles of stress. You may notice you're “just managing” when your habits include:

- Automatically saying “yes” before considering your capacity
- Ignoring early signs of stress or burnout
- Waiting to feel motivated instead of relying on simple routines
- Putting personal needs last because everything feels urgent

These patterns are common—and they're changeable.

### Habits That Help You Grow

Growth-supporting habits share three qualities:

- **Small** – simple enough to start immediately
- **Consistent** – easy to repeat most days
- **Supportive** – aligned with your well-being and personal goals

### Examples of Growth Habits:

- Drinking a glass of water before your first coffee
- Choosing one clear priority for your day
- Checking in with your mood or energy level
- 5 minutes of deep breathing or quiet grounding
- Ending your shift with a quick “reset” practice (brief walk, stretching, or gratitude moment)

### Growth Habit Builder

A quick guide to design a habit that works for you:

- One habit I want to build:
- When will I do it?
- What will help me remember?
- How will I know it's helping?

Tiny habits build resilience, create clarity, and help you move from managing to feeling more balanced and supported. If you'd like help choosing the right habit, staying consistent, or strengthening your overall well-being, your EAP is here to support you.