

Better Living Through Habit Stacking

Issue:

It can be difficult to build new habits or to break old ones, even when we're very determined to make healthier choices for ourselves.

Goal:

Take advantage of the areas in your life that are already automatic and reliable by attaching a new habit to an existing one, using motivation, repetition, and discipline to see long-term results.



You can learn more about the benefits of routine from Lauren Alexander, PhD, in the article “Everything You Need To Know About Habit Stacking for Self-Improvement” at [ClevelandClinic.org](https://www.clevelandclinic.org).



Live Oak Mental Wellness Project is working to make mental health support more accessible. We share information about improving your mental wellness at home, host mental wellness workshops to practice putting theories into action, and partner with others in the mental health field to create new resources in person and in print to help you learn how to make your life the very best it can be.

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