

Habit Stacking - Weekly Tip

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

The first step is to identify something that you already do without fail and link another specific behavior to your existing habit. Add one small thing at a time until it becomes part of your routine. Then you can continue stacking one by one!

Some examples:

1. **After I brush my teeth in the morning, 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 busy, try something else.
3. **When I get on the elevator, I will push the button to get off two floors early and walk the remaining way.** Or when I go to the store, I will park on the far side of the lot so I can walk.
4. **Before I log out of my computer at the end of the work day, I will make my to do list for the next day.** Or when I clock out at the end of my shift, I will take 3 deep calming breaths.