

A GUIDE TO HABIT STACKING FOR MENTAL HEALTH

WHAT IS HABIT STACKING?

Habit stacking is an effective way of building new healthy mental health habits by leveraging already-existing routines.

WHAT ARE HEALTHY HABITS?

Healthy habits not only help you feel comfortable in the moment, but they also set you up for sustained well-being.

HOW TO STACK HABITS?

- List your current habits:

- Define what new habit you want to start:

- Pair your new habit with a current one:

- The next step is to be consistent. Dedicate yourself to being intentional about your routines.

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