



Dr. Karen Haynes, LPC-S

# Wellness Wednesday

Create Healthy Habits

➡ START!



Ms. Curby Rogers, LPC





Routine can be an anchor. No matter what's going on in our day, knowing that we will be having our evening meal around 6 pm, and going to bed around 10 pm, can be a real comfort.

The certainty of our routine can help us to manage the uncertainty that life can throw up.

Coping with unpredictable periods of time can feel more doable when we have a little structure in place to look to.



NEXT!

# "Reduce that Stress"

Having a daily routine can help to reduce stress levels. Trying to remember things can be really stressful and can fill our brains up with everything on our 'to do' list; which can be incredibly overwhelming.

When we have a routine, we don't have to think about the little things we do day-to-day slot in. For example, we don't have to remember to clean our teeth, because we know from habit that teeth-cleaning comes after breakfast every day.

Routine can take the guesswork and uncertainty out of bits of our day, which can allow us to feel more in control and less stressed.







# Power in Habits



1. Wake up earlier.

2. Invest in yourself.

3. Test Your Limits.

4. Be okay with saying “no”.

5. Do hardest tasks first.

6. Embrace the small things.

7. Create more things.

8. Scroll your cell phone less.

9. Have Mental Days.

10. Drink more water.



11. Practice Gratitude

12. Set Boundaries.

13. Deepen your relationships.

14. Talk to a professional about issues your mental health, medical problems or otherwise.

15. Stay active.

16. Eat three meals a day and two healthy snacks.

17. Stay home and cook.

18. Wash your hands consistently.

19. Meditate Daily

20. Utilize Positive Affirmations.

# Broaden and Build

- What is important to you?
- Who is important to you?
- What are your values?

---

You can use these three questions to build your routine. If family and alone time are important to you, implement these things into your schedule. You can build your own routine.





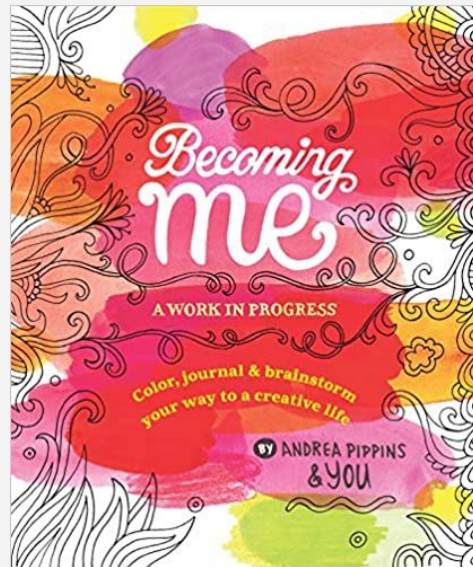
CREATE HEALTHY  
HABITS, NOT  
RESTRICTIONS.



#Healthy  
LIVING

**Resources:** Below you will find some resources to keep yourself organized and on track for self-improvement.

- ★ [https://www.amazon.com/Becoming-Me-Progress-Brainstorm-Creative/dp/0399559159/ref=sr\\_1\\_11?crid=2VHLVDJZMNDLF&dchild=1&keywords=journals+for+adults+to+write+in&qid=1609864259&srefix=journals+for+ad%2Caps%2C168&sr=8-11](https://www.amazon.com/Becoming-Me-Progress-Brainstorm-Creative/dp/0399559159/ref=sr_1_11?crid=2VHLVDJZMNDLF&dchild=1&keywords=journals+for+adults+to+write+in&qid=1609864259&srefix=journals+for+ad%2Caps%2C168&sr=8-11)





## Resources:

- ★ [https://www.amazon.com/Our-Bucket-List-Inspirational-Adventures/dp/1948209071/ref=sr\\_1\\_2?dchild=1&keywords=journals+for+adventure&qid=1609864305&sr=8-2](https://www.amazon.com/Our-Bucket-List-Inspirational-Adventures/dp/1948209071/ref=sr_1_2?dchild=1&keywords=journals+for+adventure&qid=1609864305&sr=8-2)







# Chat with a PRO!



## Dr. Karen Haynes, LPC-S

Licensed **Professional**  
Counselor-Supervisor

Director for Mental Health and  
Social Services

Office: (832) 386-1280

Email: [khaynes@galenaparkisd.com](mailto:khaynes@galenaparkisd.com)

## Ms. Curby Rogers, LPC

Licensed **Professional**  
Counselor

Licensed Mental Health and Student  
Support Specialist

Office: (832) 386-1319

Email: [ccrogers@galenaparkisd.com](mailto:ccrogers@galenaparkisd.com)