

✦ HABITS THAT LAST ✦

Building a strong foundation for 2025

Start the new year with simple, sustainable habits that support your well-being, academic success, and personal growth. Cubie and his buddies are here to cheer you on with fun, supportive ways to build habits that stick! Choose small, meaningful actions to carry you through 2025 and let Cubie remind you: "Little steps lead to big changes!"

1.

Prioritize Your Well-Being

- Practice mindful moments: Take 5 minutes daily to pause, breathe, and reset.
- Create a stress-relief toolkit: Include calming apps, breathing exercises, or physical activities.
- Develop a consistent sleep routine: Aim for 7-9 hours of quality rest each night.

2.

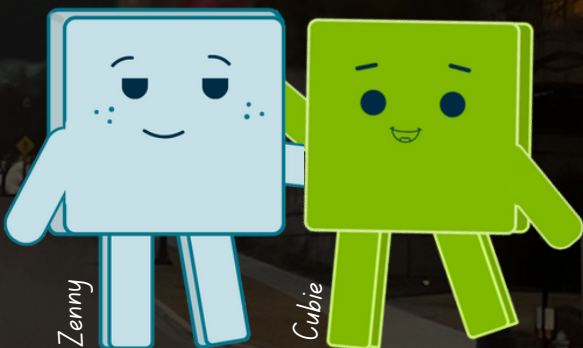
Foster Healthy Coping Mechanisms

- Replace one unhealthy behavior with a positive one (e.g., a 5-minute walk instead of scrolling).
- Use a gratitude journal: Write 3 things you're thankful for each evening.
- Learn one new relaxation technique: Try progressive muscle relaxation or guided imagery.

3.

Engage in Joyful Learning

- Dedicate time for focused study sessions: Try the Pomodoro technique to improve productivity.
- Build a habit of weekly review: Spend 15 minutes reviewing notes or material from the week.



4.

Strengthen Your Connections

- Schedule weekly check-ins with friends, mentors, or classmates.
- Set a goal to attend at least one networking event or campus activity per month.
- Practice active listening: Focus fully during conversations and reflect back what you hear.

5.

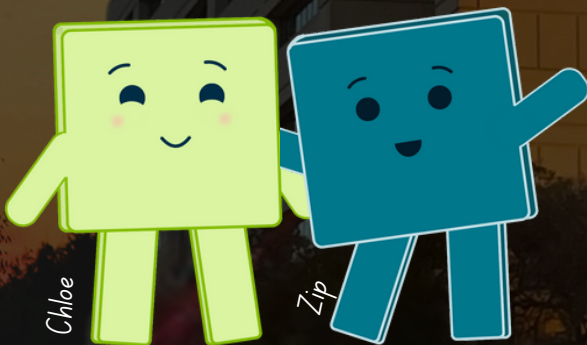
Commit to Personal Growth

- Set SMART goals for your 2025 goals: Make them Specific, Measurable, Achievable, Relevant, and Time-bound.
- Commit to a small daily challenge: Read 10 pages, drink 8 glasses of water, or take 1,000 extra steps.
- Explore volunteer opportunities or find ways to give back to the community.

6.

Cultivate Community Connection

- Volunteer for a cause you care about on campus or in your local area.
- Organize or join a group activity, like a study group or a community service project.
- Find small ways to support those around you, like checking in on a friend or sharing resources.



BE | WELL

Stay Connected with Us!



@HSC.BEWELL on IG



HSC OCC on Facebook



HSC OCC on YouTube