

# Health Coaching Hints



**August 2020**

## **Health Coaching Hint #1: Recreating Your Transitions**

We all used to have specific times for specific aspects of our lives: work, commute, home. Now our schedules are a jumbled mess with no lines between our work and home life.

What can you do about it?

Add in a transitional behavior to emphasize when you are done with work for the day so you can focus on being with your family. Examples include:

Do a short meditation or deep breathing exercise

Take a quick walk around the block

Play your favorite song

## **Health Coaching Hint #2: Create a morning routine to get better sleep**

What is one thing you can do in order to help you fall asleep at night? Create a consistent morning routine!

- > Wake up at the same time each morning.
- > Work in a moment for gratitude and hopeful reflection on the day to come.
- > Add in a few minutes of movement.

### **Health Coaching Hint #3: Rebuilding Resilience**

Resilience is defined by the American Psychological Association as “the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.” We have all had our resilience tested these past few months.

What is one thing you can do to strengthen your resilience today?

Learn from your past. Find one time in your life that you successfully met and kept a goal and what strengths you used to do so. Apply those today to help you embrace change and move toward a healthier you.

### **Health Coaching Hint #4: Getting the thoughts out for better sleep**

Do you struggle with falling asleep because you can't stop thinking about what you need to do the next day?

A simple but effective technique is to keep a pad of paper or a small journal next to your bed.

Take a few minutes to write down all the thoughts racing through your head. The act of writing them down will ensure you won't forget anything, quieting your mind and allowing you to fall into restful sleep.