



Cultivating healthy habits helps workers enhance their well-being.

Small steps can result in big changes over time.

Habit formation relies on **motivation**, **ability**, and **prompts**. Consistent repetition of behaviors leads to automatic routines woven into daily life. Emotions play a crucial role in creating automatic behaviors that become habits.

As organizations enter the new year, cultivating healthy habits among workers becomes a renewed focus.

Below are some ideas to support employee well-being:

- **Define Clear Routines:** Explicitly define positive habits for employees. Encourage exercise breaks, mindful eating, and mental health check-ins.
- **Physical Fitness:** Remind employees of fitness resources within health plans. Discounts on gym memberships, classes, or on-site workouts can motivate movement.
- **Healthy Eating:** Provide nutritious workplace snacks and host workshops on balanced diets.
- **Psychological Safety:** Cultivate an environment where thoughts and emotions can be freely expressed. Regularly assess stress levels and mental well-being.
- **Human Connection:** Foster community through team-building activities, social events, and volunteering.
- **Growth Mindset:** Support continuous learning, skill development, and celebrate milestones.



What Others Are Doing:

Feel Like a Million, a board game-themed wellness challenge program by Health Enhancement Systems, empowers employees to boost vitality. Through simple habits and rituals, participants enhance well-being, earn virtual dollars, and gain insights for reinvigorating body and mind. Kaiser Permanente partners with [Health Enhancement Systems](#) as a vendor of choice for corporate health challenges.



Resources for your Employees

[How to Build Habits that Stick](#)

[3 Steps to Building a Healthy Habit](#)

[How to Sit Less](#)

[BJ Fogg Busts the Myth that Repetition is the Key to Habit Formation](#)



KP Member Specific Resources

[No Cost Wellness Coaching for Members](#)

[How to Build Resilience](#)

[Deals on Gyms, Classes, & Workout Gear](#)

***Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.*



Strategic Planning Resources

[How to Be More Active During the Workday | American Heart Association](#)

[Promoting Physical Activity in the Workplace](#)

[Born to Move Challenge](#)

[Physical Activity Breaks for the Workplace](#)

*All kp.org information is available to view in Spanish or English depending upon user preference

Your feedback is important to us! Scan the QR code or click to complete a [short survey](#) about this newsletter.



Other Resources

[Understand Your Alcohol Usage](#)

[Change Negative Thoughts to Reach Your Goals](#)

[Getting Around Barriers to Exercise](#)

