

Learn more about how holistic health practitioners can support workplace wellness, email [industryrelations@nhpcanada.org](mailto:industryrelations@nhpcanada.org) for further information or guidance.

*It's progress, not perfection!*



**Loading...Better Habits!**

*This may take a few deep breaths.*

19%

## Initializing...



Booting habits...do not shut down

- Review today's priorities
- Check posture + workspace setup
- Drink your first glass of water
- Begin with one focused task

67%

## In progress...



Steady progress detected

- Take regular screen breaks
- Stand or stretch every hour
- Pause between meetings
- Eat lunch away from your desk
- Hydrate throughout the day

100%

## System stable (for now)...



Maintenance still required

- Step outside for fresh air
- Pause after stressful interactions
- Acknowledge a win
- Connect with someone
- Ask for support
- Log off on time
- Book a holistic treatment (massage/reflexology/reiki)

*Self-care isn't optional, it's system maintenance.*

