THIS WEEK’S NOOK ACTIVITY IS HERE!

EXPLORE BREAKING UP YOUR ROUTINE!

Pick up a printed copy of our guide outside of the OHP or swipe through our Instagram/Facebook story to learn more
Routines provide us with structure to navigate competing responsibilities.

Routines are most helpful when they can adapt to our present and future needs.

So, support well-being by giving yourself permission to switch things up!

References
Hanson, Rick. “Enjoy the Freedom Not To”. Just One Thing.
Explore these steps to break up your routine!

1. Think about something you do daily, like your walk to class.

2. Try a new route with more greenery, and/or listen to a song that energizes you on your way!

3. Fill in the rest of this card to enjoy the rewards of breaking up your routine.

Today I give myself permission to break up my routine by:
Connect with OHP!

**Social Media**

- @carletonswas
- Carleton SWAs
- Carleton College Office of Health Promotion
- go.carleton.edu/ohp

**Sign up for our Newsletter**

Scan this QR code to sign up for our weekly SWA newsletter, providing OHP updates and information about activities offered by our office!