

Headspace for Work

How Habits Make Us Happier and More Resilient



Intro

Resilience is the mental strength we use to move through our days with optimism.

It helps us rebound from hardship and negativity and live a happy and purposeful life. But we aren't born mentally tough. Our minds need exercise the same way our bodies do. Just as regular movement keeps our muscles nimble and strong, healthy habits help our minds become more resilient.

There is no quick fix for mental toughness. It takes time and practice to build those layers of strength that make our minds resilient.

Resilience is a skill that all can learn

But where should we start?

You may have heard the philosophical maxim: “we are what we repeatedly do.” Our lives take shape around the series of habits we form throughout our lifetime. Healthy habits, like meditation, help nurture a strong mind that is defined by clarity, compassion, and calm.

While being still isn’t always simple, it’s always beneficial. Anything worth learning takes time, patience, and persistence. Think of mental toughness as a process and use these steps as your footpath to become a little more resilient every day:



Start a
morning routine



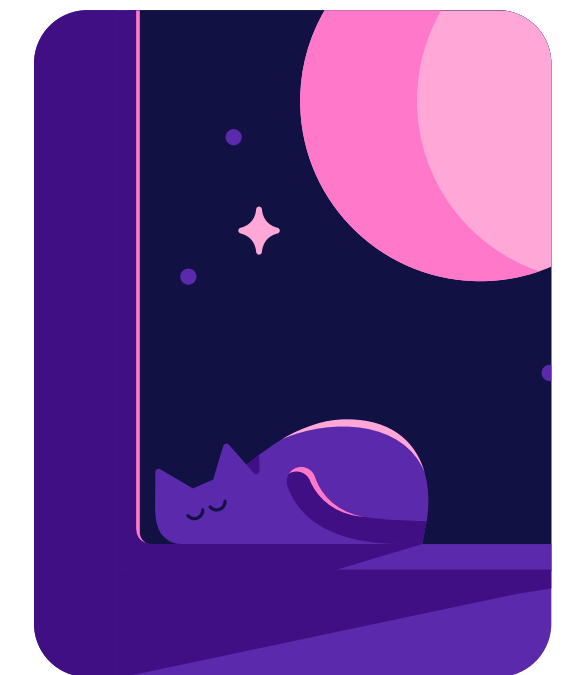
Express
gratitude



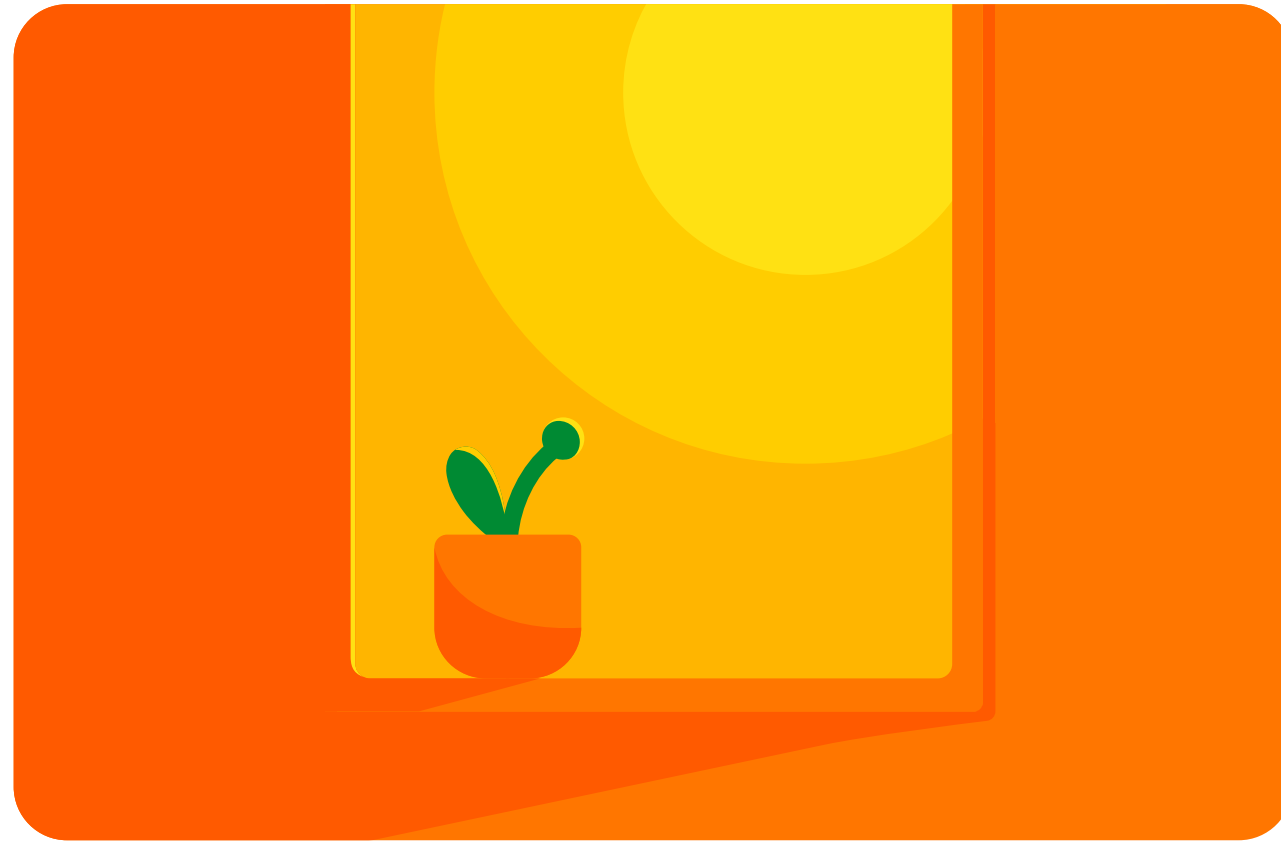
Visualize your
dreams



Replenish your
spirit in nature



Create an
evening routine



Start a morning routine

Feeling like we lack control wears on our mental toughness. Because of this, mornings can be a bit overwhelming. Having a morning routine can help you prioritize mindfulness and avoid running out the door with mismatched socks and a bad mood.

Nurturing a morning routine helps remove indecision and take control of the day. Whether it's exercise or meditation, the feeling of accomplishment from a productive morning empowers you to face the day with resolve.



Express gratitude

Reflecting on what we are grateful for increases life satisfaction and makes us more resilient. When we are faced with worry or stress, our minds can spiral into self-criticism, fixating only on the negative. Take a few minutes every day to write down all the big and small aspects of your life that bring you joy.

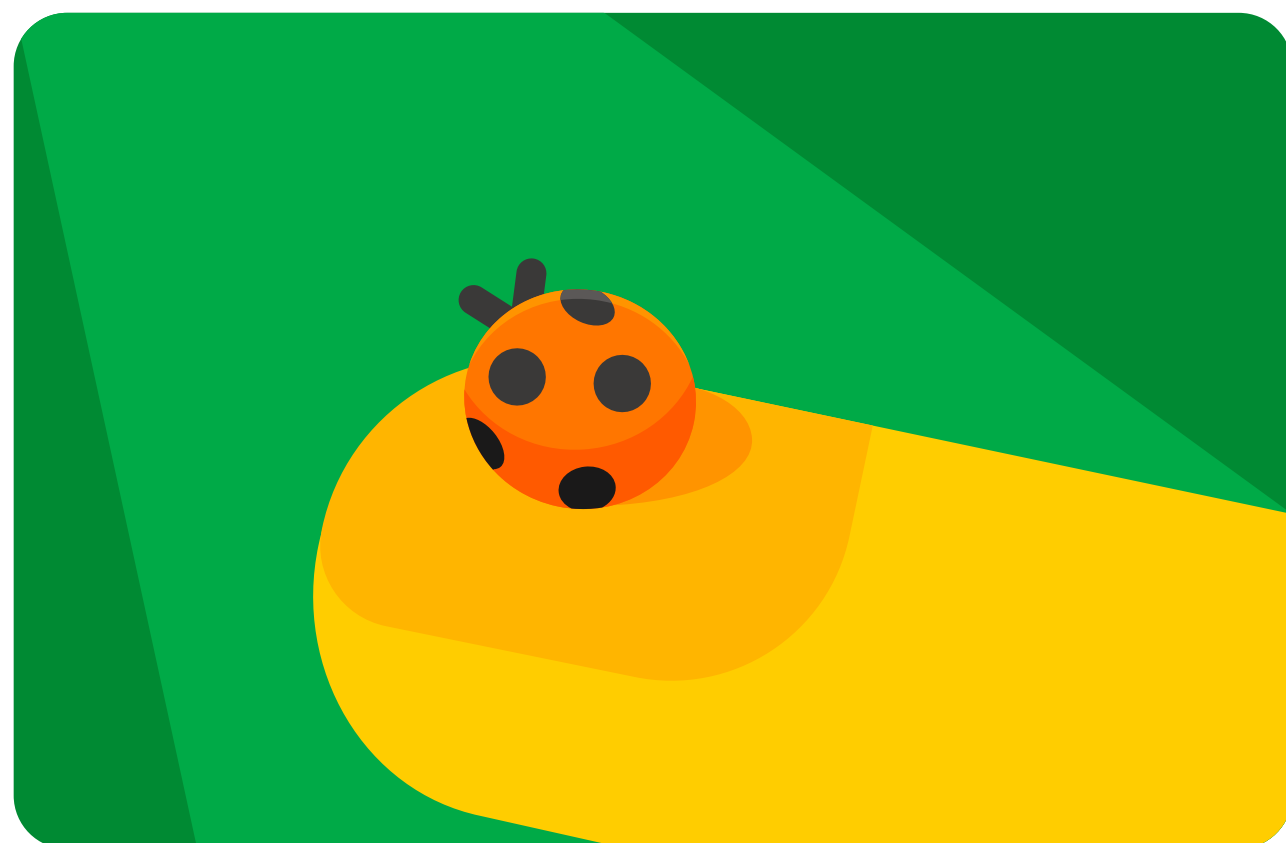
You might consider your unique strengths, like your sense of humor, which helped you navigate challenging times in the past. Also, consider the external things you are thankful for. These might include family, friends, pets, music, or anything that adds color and calm to your life.



Visualize your dreams

Prolonged stress and anxiety take a toll on our emotional and physical resilience. While fear is short-lived, worry can linger for days, sometimes weeks. Anxiety has a direct, negative physiological impact on the body. This prolonged stress can lead to a lack of focus and increased irritability and fatigue. Or, in other words, the reduction of mental, emotional, and physical resilience.

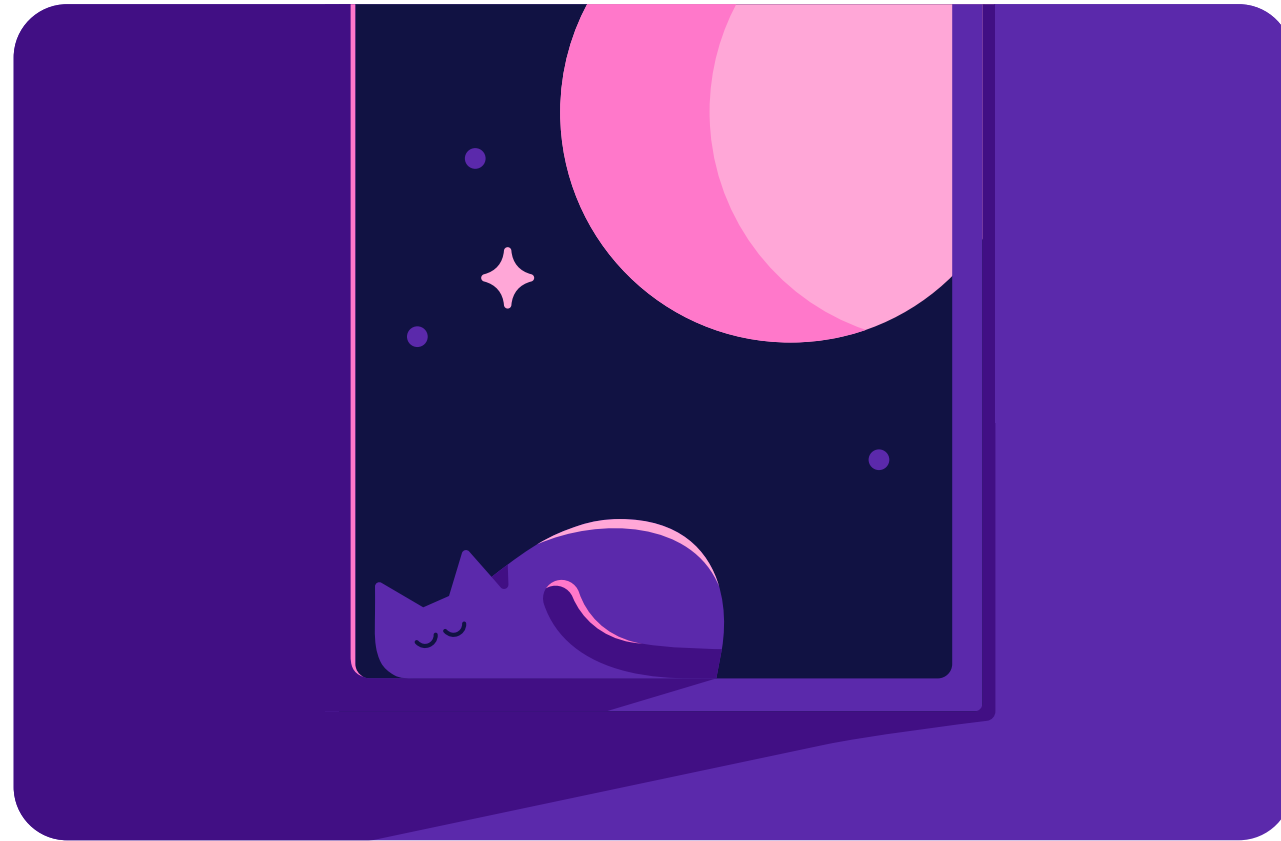
Successful and happy people everywhere use visualization exercises to help make their dreams a reality. Visualization helps us foster creativity and purpose; in a sense, visualization is just daydreaming with intent. Try using [visualization meditation](#) as a daily practice before heading into work.



Replenish your spirit in nature

Do you feel calmer after spending time outside? That's not in your head. The practice of ecotherapy has scientifically backed benefits for our emotional and physical resilience. It rejuvenates us and helps us bounce back, making us stronger and happier.

You don't need to find a forest trail or summit a mountain; simply making time each day to get outside and soak in some nature and sun is enough. Even a city setting offers the richness of sky, sun, and plant life. Take advantage of them. Making nature part of your daily routine can strengthen your resolve and replenish your soul.



Create an evening routine

Bookend your days with mindfulness. Just like a morning routine, [building an evening routine](#) adds structure to your day. A nighttime routine creates space to wind down and begin taking care of the tiny details that slow you down in the morning.

Simply setting out clothes for the next day or journaling next day's must-dos not only helps get your morning started, but also helps you release the stresses of the previous day. Journaling, meditation, and reading all serve as great end-of-the-day rituals, allowing you to release stress and build emotional resilience through relaxation.

How Headspace boosts resilience

Just like with any skill, resilience-building takes patience and practice. If you need a little more guidance to start shaping your days with small habits that cultivate big results, let the Headspace app be your springboard.

One study showed that 4 weeks of using the Headspace app can increase focus by 14%, while another showed that 30 days of Headspace resulted in an 11% increase in mental resilience.

REFLECTION

What small action can you take to begin increasing your resilience? It can be as simple as picking up the phone to call someone you love or choosing a guided Headspace meditation to do every day. To learn more, visit [headspace.com/work](https://www.headspace.com/work).

