



SMALL STEPS, BIG CHANGE: BUILDING MOMENTUM IN EVERYDAY LIFE



▶ **START SMALL**

Big changes don't happen all at once. Focusing on small, manageable steps makes it easier to build momentum without feeling overwhelmed. Consistency over time creates progress that feels sustainable and realistic.

▶ **FOCUS ON ONE CHANGE**

Trying to change everything at once can lead to frustration. Instead, choose one area to focus on and give it your attention. Small, intentional changes are easier to maintain and often lead to bigger results over time.



▶ **CHECK YOUR ENERGY**

Your energy can shift throughout the day and over time. Taking a moment to notice how you're feeling can help you adjust your pace, reset when needed, and stay more in tune with what your mind and body need.



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► BE KIND TO YOURSELF

Progress isn't always linear. There will be days when things feel easier and days when they don't. Practicing self-compassion helps you stay motivated and keeps small setbacks from turning into bigger obstacles.

► SHIFT YOUR MINDSET

The way you think about change can influence how you experience it. Viewing challenges as part of the process, rather than something to avoid, can help you stay resilient and open to growth.



► STAY CONNECTED

Change doesn't have to happen in isolation. Staying connected to others—whether through conversation, support, or shared experiences—can help you stay encouraged and grounded along the way.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.