



A RIVER'S BEND WELLNESS RESOURCE

10 Small Habits That Can Make a Big Difference

Simple Daily Practices to Support Your Mental Well-Being

Healthy routines aren't built through perfection. They're built through small, consistent choices that help your mind and body recover from everyday stress. Whether you're balancing work, school, parenting, recovery, or simply navigating a busy season of life, these ten habits can help create greater emotional stability—one small step at a time.



Post it, share it, or keep it somewhere you'll see it each morning. Each habit in this wheel is explained in full on the pages that follow.

THE TEN HABITS

Start With One. Add Another When You're

1

Wake Up Around the Same Time Each Day

A consistent morning routine helps regulate your body's internal clock, improves energy, and creates a sense of stability before the day begins.

TRY THIS: Choose one wake-up time and stick with it—even on weekends when possible.

2

Move Your Body

Movement doesn't have to be intense to make a difference. A short walk, stretching, gardening, or dancing in the kitchen all count.

REMEMBER: Progress is more important than perfection.

3

Fuel Your Brain

Your brain needs nourishment to function at its best. Drink water. Eat regular meals. Choose foods that help you feel energized rather than depleted. Small choices add

4

Step Away From Your Screen

Take a five-minute break. Look outside. Stretch. Take a few deep breaths. Your nervous system wasn't designed for constant notifications.

5

Connect With Someone

A quick text. A phone call. Lunch with a friend. A conversation with a neighbor. Meaningful connection reminds us we don't have to carry life alone.

THE TEN HABITS, CONTINUED

Small Choices, Repeated, Become Resilience.

6

Protect Your Peace

Not every email needs an immediate response. Not every invitation requires a yes. Healthy boundaries create space for emotional well-being.

ASK YOURSELF: Is this urgent, important, or simply demanding my attention?

7

Practice One Moment of Stillness

Pause for a few minutes each day. Pray. Meditate. Journal. Practice deep breathing. Simply sit quietly. Even a few intentional moments can help calm a busy mind.

PRACTICE: Let one quiet moment become a small reset in your day.

8

Celebrate One Small Win

Ask yourself: "What's one thing I did well today?" Small victories deserve recognition. They build confidence and resilience over time.

9

Prioritize Rest

Rest isn't something you earn. It's something your mind and body need. Create an evening routine that helps you wind down and prepare for restorative sleep.

10

Ask Yourself What You Need

Before taking care of everyone else, pause and ask: "What do I need today?" Sometimes the answer is movement. Sometimes it's rest. Sometimes it's connection. Sometimes it's asking for help. Every answer is valid.

REMEMBER

Remember the River's Bend Rule

Don't try to change everything today. Instead, ask:

“What's one small thing I could do today that would improve my mental well-being?”

Small steps become healthy habits.

Healthy habits become routines.

Healthy routines become resilience.

SUPPORT

When Healthy Habits Aren't Enough

Healthy routines are incredibly powerful—but they aren't a substitute for professional care. If stress, anxiety, depression, grief, trauma, or substance use concerns are making it difficult to manage everyday life, know that support is available.

Seeking help isn't a sign of weakness. It's one of the healthiest decisions you can make.

MY ONE SMALL THING THIS WEEK

MORE THAN 30 YEARS IN MICHIGAN

River's Bend Is Here When You Need Us

For more than 30 years, River's Bend has helped individuals and families throughout Michigan build healthier futures through compassionate, evidence-based mental health and substance use treatment. Whether you're looking for resources to support your everyday well-being or professional behavioral healthcare, we're here to help.

WAYS TO TAKE THE NEXT STEP

01 Explore free mental wellness resources

04 Connect with our team

03 Learn about our outpatient services

02 Download additional guides

ACCEPTING NEW CLIENTS · INSURANCE ACCEPTED

Partial Hospitalization Program (PHP) · Mental Health Intensive Outpatient (IOP) · Substance Use Disorder IOP · Adolescent IOP · Individual & Group Therapy · In-Person & Virtual Options

One Small Step Today Can Lead to Lasting Change Tomorrow.