



From Good Intentions to **Lasting Change**

The Power of Habit Coaching

Did you know that failing at a habit is actually a good thing?

Find out why with Habit Coach from the American Heart Association. This employee resource is a video series designed to create healthy habits that stick for good.

Learn from strategies geared for **long-term success:**

The science behind Cue-Routine-Reward

Dispelling myths like 'Go Big or Go Home'

How to recover from setbacks

Habit-stacking ideas that work

How to make goal-setting plans



Did you know ...

About 40% of our daily lives is made up of behaviors we do often without thinking — that is, habits!

*American Heart Association

This six-part series which includes two-minute, easy-to-digest videos is ready to share with your employees.

[WATCH VIDEOS](#)



TIME OUT FOR WELL-BEING

Breathe In. Breathe Out. Good Vibes.

Your Guide to Loving-Kindness Meditation

Life can be challenging. But it's important to extend kindness to ourselves, and then extend it to those around us daily. One way is through loving-kindness meditation, an ancient Buddhist practice. It's designed to cultivate self-compassion. Some studies suggest it can help increase empathy and feelings of connection. Even reduce bias, anger, depression and anxiety.

Encourage your employees to give it a try. Just a few minutes can enhance mental and emotional health. Tools like this from Well-being Works Better™ can help your employees build stronger relationships, leading to a more supportive work environment.

[LEARN MORE](#)



LATEST NEWS

American Heart Association Named Leading Disability Employer

The American Heart Association is proud to be named a Leading Disability Employer by the National Organization on Disability (NOD) for a fifth consecutive year. This recognition formally acknowledges companies with the highest performance in disability inclusion practices and policies and a strong commitment to diversity, equity, inclusivity and accessibility.

This achievement marks our continued responsibility to creating a safe and welcoming environment for all of our employees, and extends outwardly to those we serve.

[READ MORE](#)



As we begin to celebrate the holiday season, may your days be peaceful and your well being flourish!

