



# Tips to Maintaining Small Changes



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# Ways to Maintain Small Changes



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## Start small

Developing new habits do not occur overnight. Start by picking one change and practice it consistently. When you are ready, you can keep adding changes as you find strategies that work for you.



## Set reasonable goals

Focus on smaller goals as you will likely have more success with maintaining them. Make your goals specific and focus on one goal at a time - this will make your changes feel manageable and less overwhelming.



## Be patient

Making small changes to build healthier habits can take time before you see the positive effects. Hang in there and stick with it! Choosing to make a change is the first step towards achieving a healthy lifestyle.



## Involve a buddy for support

Having someone on your journey, such as a friend or coworker, will allow you to share your struggles and successes with them. This will make achieving your goals easier while keeping you motivated and accountable.



## Find ways to stay connected

Social interaction can be limited during remote work which can lead to feelings of isolation. Communication tools, such as messenger apps and video conferencing, are great ways to keep connected to your coworkers and maintain relationships from a distance.