

Consistency Counts

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Personal Consistency

- **Move your body** everyday for 30 minutes. Break it up 10 min at a time if you like.
- **Get outside** every day. Spend 1-2 minutes really noticing your surroundings.
- Drink your **water**. Hydration leads to better focus and clarity.
- **Stop** making degrading comments or harsh jokes about yourself - right now.

Consistency in your Family

- Spend 2 minutes **greeting your family members without distractions** every time they arrive (or you do)
- Eat **one meal together** every week. (minimum)
- **Laugh** more - focus on bringing joy into your home.
- **Prioritize play** and connection. Don't wait until the chores are done to relax and do things you enjoy.

Consistency in your community

- Say **thank you** while looking someone in the eye 5 times a day (at least!)
- Give **sincere compliments to people you love** every day.
- Give **sincere compliments to strangers** every day.
- When you receive an invitation from a friend and you can't make it, **reschedule** and make a new date right away.