

Activate the
Relaxation
Response



Duke Health & Well-Being

Establish and Strengthen
Your Well-Being Practice



Use this guide to establish or strengthen your well-being practice in the new year.

1. Which well-being tool will you choose to practice over the next 3 months?
2. When will you practice?
3. How will you keep your motivation strong?
4. What barriers to practice might arise and what strategies will you use to overcome them?
5. What are your backup strategies?
6. What difference do you think this practice will make in your everyday life, both personally and professionally?
7. What difference do you think this practice will make 3 years from now as you continue to have it as part of your life?

Live the Powerful You

3475 Erwin Road | Durham, NC 27705 | wellbeing.dukehealth.org