


The page features a light pink background with a central white rectangular area containing text. The text is framed by decorative illustrations: a floral arrangement with yellow and orange flowers and red berries in the top-left corner; a green butterfly with yellow and blue accents in the top-right corner; a large yellow sunflower and green leaves in the bottom-left corner; and a white daisy with a yellow center in the bottom-right corner.

THIS WEEK'S NOOK ACTIVITY  
IS HERE!

# EXPLORE BREAKING UP YOUR ROUTINE!

Pick up a printed copy of our  
guide outside of the OHP or swipe  
through our Instagram/Facebook  
story to learn more



A decorative border surrounds the central text area. In the top left corner, there are yellow and orange flowers with green leaves. In the top right corner, a green butterfly with yellow and orange markings is flying. In the bottom left corner, there are yellow sunflowers with green leaves. In the bottom right corner, there is a white daisy with a yellow center and green leaves.

Routines provide us with  
structure to navigate  
competing responsibilities.





Routines are most helpful  
when they can adapt to our  
present and future needs.



So, support well-being by  
giving yourself permission to  
switch things up!

**References**

Hanson, Rick. "Enjoy the Freedom Not To". Just One Thing.  
Pollan, Michael. Food Rules: An Eater's Manual. New York: Penguin Group, 2009.



# Explore these steps to break up your routine!

- 1 Think about about something you do daily,  
like your walk to class.
- 2 Try a new route with more greenery, and/or  
listen to a song that energizes you on your  
way!
- 3 Fill in the rest of this card enjoy the rewards  
of breaking up your routine.

Today I give myself permission break up my  
routine by:

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# HEALTH PROMOTION

## Connect with OHP!

### *Social Media*



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Carleton SWAs



Carleton College  
Office of Health  
Promotion



[go.carleton.edu/ohp](http://go.carleton.edu/ohp)

### *Sign up for our Newsletter*

Scan this QR code to sign up for our weekly SWA newsletter, providing OHP updates and information about activities offered by our office!

