

Global Well-Being

Well-Being Ambassador Toolkit

“Forget inspiration. Habit is more dependable. Habit will sustain you whether you're inspired or not.” – Octavia Butler

Creating Healthy Habits

- Forming habits is our brain’s way of making routine activities easier. Once we create habits, they become automatic – like driving or brushing our teeth – which we do with little energy or effort.
- Habits are critical for our survival, but can be damaging when unhealthy behaviors become automatic. As many of us have experienced, habits are hard to break.
- The good news? There are proven methods to break bad habits and create healthy ones.
- This month, we’re providing resources to help employees create healthy habits by making small everyday behavior changes that can have a big impact on their well-being.

What to Do

- **By May 5.** Send the attached well-being email to employees.
- **All month.** Explore resources on the newly refreshed WellBeingAtAECOM.com, including articles, assessments and well-being activities.
- **Anytime.** [Promote your local events](#) on the WellBeingAtAECOM.com events calendar.

3 Steps You Can Take to Help Employees Create Healthy Habits

1. Create a healthier worksite by switching out unhealthy snacks with fresh fruits, veggies and nuts, and sugary drinks with water.
2. Support sustainability habits by eliminating disposable cups, straws and utensils at your work locations.
3. If many employees are working remotely at your work locations, [send weekly or monthly tips](#) on how they can create healthy habits at home.

For additional resources to help employees focus on their well-being, please visit the [Well-Being Ambassador Resources Hub](#).

Well-Being Ambassador of the Month

Juanita Morison, Alberta, Canada

Juanita is very dedicated to the well-being of EOM staff. She has led the distribution of all communications and ensures that the staff are kept well informed of all ongoing well-being events and initiatives. Her dedication to the program is greatly appreciated.



Fun fact: *Habits actually change the structure of our brains. The first time we perform a new “rewarding” behavior, the reward center in our brain is activated and dopamine (the “feel good” chemical) is released. This effect causes the connections to change between our neurons and the brain system responsible for that behavior, and a habit begins to form.*

Source: [Time](#)



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