

# Making Life Better

## Daily Rituals Can Help Or Hurt

(NAPSA)—If you're like most people, you have your own personal rituals. Some people can't start the day without their favorite newspaper, an early run or a warm shower. Personal rituals are comfortable and, in many cases, automatic. Unfortunately, a familiar ritual can sometimes turn into a bad habit. When you find yourself habitually reaching for junk food or scrolling through your phone before going to sleep, it may be time to re-evaluate your routine.

Certain rituals can affect not only your day, but potentially your life, so it's important to make choices that help you stay balanced.

### Keeping Your Habits In Check

When bad habits form, many people don't realize they might be slowly putting themselves at risk for serious health conditions. Even small changes in your daily schedule can have surprising benefits. Consider the following:

- Are you missing opportunities to be active? Try walking or biking to work, choosing the stairs and taking breaks from sitting at your desk.

- Are you working too much? Prioritize your work-life balance. If you're staying an extra hour at the office each day, consider delegating work or discussing expectations with a supervisor. Make time outside of work to embrace your hobbies.

- What are your sleep habits? Turn off the TV and avoid looking at your phone once you're in bed. A consistent sleep schedule will help you fall asleep faster, have a better night's rest and feel energized throughout the day.

- How's your diet? Nearly 30 million people have diabetes, 95 percent of them type 2, a condition affecting the way the body processes blood sugar. You can



**A coffee shop-quality beverage you can make at home, Chocolate Almond Coffee has only 21 calories, so it's a sweet treat you can feel good about.**

make smart and flavorful substitutions by swapping out sugar for Equal 0-calorie sweetener in your coffee, tea and other beverages. Sweetener substitutions can help reduce sugar and calorie intake without sacrificing sweetness in your daily treats.

- Can you cut down on costs? Often, people spend more than they realize on the little things. Try bringing your lunch to work. Enjoy a coffee shop-quality beverage at home. Because it's sweetened with great-tasting Equal 0-calorie sweetener and only 21 calories per serving, it's a drink you can feel good about.

### Chocolate Almond Coffee

- 1 cup hot coffee
- 2 packets Equal sweetener
- 2 teaspoons unsweetened cocoa powder
- ¼ teaspoon almond extract

**Combine all ingredients in beverage mug until blended.**

### Learn More

For other great recipes and information about managing diabetes, visit [www.Equal.com](http://www.Equal.com).