10 SCIENCE-BACKED HABITS

PROVEN TO RECHARGE YOUR LIFE

When you take time for self-care, you have more energy. When you have more energy, you are more productive. When you're productive, your mood improves. When your mood improves, your confidence grows. When your confidence grows, you make more time for self-care. Rinse and repeat.

CHOOSE ONE OF THESE EVIDENCE-BASED ACTIVITIES AND MAKE IT A PART OF YOUR ROUTINE THIS WEEK.

1 — DETOX FROM NEWS AND SOCIAL MEDIA
Stay away for an hour or stay away for a week, but remove yourself from the toxic news space, and never start your day reading the headlines.

2 — SPEND TIME IN NATURE
Exposure to green space reduces risk for many chronic diseases and improves overall good health. So hit the trails and feel better.

3 — EXERCISE
You know it improves your heart, but did you know it improves your brain? Exercise clears brain fog, while improving memory and focus.

4 — MEDITATE FOR 10 MINUTES
Even a few minutes a day to sit quietly can make a difference. MRIs find that brain benefits last long after the meditation session has ended.

5 — TAKE DEEP BREATHS.
Relax your shoulders. Inhale to the count of 5. Hold for 5. Exhale to the count of 5. See what a difference that makes in how your body feels.

6 — TAKE A LONG BATH
If you don't have a bathtub, soak your feet or try a cold shower. Feel refreshed.

7 — SAY THANK YOU
Make a list of 10 things you are grateful for. Be specific. When you focus on what's going well in your life, it takes power away from what isn't.

8 — SPEND TIME WITH FAMILY AND FRIENDS WHO SUPPORT YOU
Bonus points if there are hugs and laughter involved. Connection reduces stress and improves your mental wellbeing.

9 — FUEL YOUR BODY
When you're good to your body, your body pays you back. Eat whole foods that fuel you.

10 — MAKE TIME FOR A HOBBY
Not every part of life has to be a hustle. Hobbies reduce stress, improve creativity, and boost mood. Make time to do something you love.

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