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WAYS TO REBOOT YOUR EVERYDAY MENTAL WELL-BEING

Give Your Health a Reboot

Eat healthier, stay active, cut stress, get a good night's sleep. In these uncertain times, staying as healthy as possible is essential for all of us. While sticking to a healthy routine with new daily challenges is tough, perhaps a new habit or behavior you start now will become permanent. Success means setting doable goals and breaking them down into reasonable steps. We know we should get five servings of fruits and vegetables daily, what other "5 a day" activities could we do?

#1

Doing so has been linked to greater feelings of happiness.



#2

A brief but consistent meditation can help you better react to stress.

#3

Research shows an act of kindness is enough for a lift, even before you act.



#4

Keep friends and family close, but casual chats with a neighbor can also help you stay sharp and feel less isolated.

#5

Improving your mental well-being can be accomplished by learning something completely new, like trying a new recipe, playing a board game, or regularly reading



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