

HEALTHFUL TIPS

Take 5!

5 Minute Tips to Improve Your Day!



Try one of these simple five-minute tips to help you improve your health and meet the challenges of the day with improved vigor.

Make your bed to create a calm environment in your bedroom—it may even help you to sleep better.

Pack your lunch and snacks in the evening, then just grab and go as you head out the door. When it's time to eat, you'll be ready!

De-clutter your desk and you may find that you are less distracted and better able to focus on the task at hand.

Listen to music throughout your day to improve your mood, boost energy and cut stress. Connect to your favorite upbeat tunes while you grocery shop, do housework or shuttle children around. Tone the beat down a bit when it's time to relax at the end of your day. Music is a healthy way to make your day more enjoyable.

Stretch your muscles to improve circulation and flexibility. Some gentle twists and bends will ease your tight muscles.

Meditate by closing your eyes and mentally following your breath for a few minutes at a time to lower stress.

Keep a gratitude diary in which you write down what you're thankful for each day. This simple habit helps you to focus on the positive aspects of your life.

Use a prioritized "to do" list daily. You will get the things that are most important done this way, and have a sense of satisfaction as you check items off your list.

Take a short brisk walk to re-energize. It is more effective than a nap or a cup of coffee.

Call a friend to keep your social networks alive and well. This social support is important for overall health and well-being.

Take time during meals to chew your food slowly, savoring the tastes and enjoyment. Rather than rushing through—find the joy in eating.

Laughing eases stress, promotes social bonding, lowers blood pressure, and boosts your immune system. Subscribe to a daily joke site, hang out with humorous friends or watch a comic video to get giggling.



Record late shows and then watch them the next day (best while logging miles on your treadmill) rather than cut into your sleep time. Getting the optimal hours of sleep each night (7-9 hours) cuts down on stress, carb cravings, and memory lapses.

Take a few deep cleansing breaths every hour or so to become more alert, calm and happy.

Drink a cup or two of green tea. It is packed with healthy ingredients called polyphenols.

Open an emergency fund savings account. Feeling helpless about personal finances is a big stressor. Having a little tucked away for emergencies can give a sense of control.