



THE 7 DAILY SNACKS TO SANITY

your bite-sized wellness advice for every day of the week

1. Create a mind-body-soul routine

Get in 30 minutes of physical activity first thing in the morning, followed by a 5-minute meditation. Spend another 5 minutes jotting down your goals for the day and the things you are grateful for. Read or listen to something empowering on your way to work.

2. Share your triumphs and your struggles

Be honest. Admit that you're dealing with something. On the flip side, tell people about your victories, big or small. We all need reminders sometimes that life is an accumulation of experiences.

3. Allow yourself to get bored

Boredom can lead you to your most brilliant ideas. It can help you find solutions to problems you've been ruminating over for months. Waiting for a dental appointment? Riding the subway? Doing the dishes? Resist the urge to reach out for a tech device.

4. Keep acquiring new skills under your belt

The only way to build more self-confidence is by learning and mastering new skills. Pursue something you're more likely to fail at.

5. Let go of the 'all or nothing' mindset

Just because you spilled coffee on your white shirt doesn't mean your entire day has to be ruined. Just because you had donuts for lunch doesn't mean you can't make a healthier choice for dinner. Being able to adapt will make life so much easier.

6. Practice a micro act of kindness daily

Make an email introduction. Endorse someone on LinkedIn. Leave a good review on Yelp. These things cost next to nothing and take less than two minutes.

7. Prioritize sleep over everything else

When you don't get enough sleep you make poor decisions, snap at people, reach for unhealthy foods. Try developing a healthy sleep routine. You know what to do: avoid screen, arguments and heavy meals before bed. Stop drinking coffee around 3 p.m.