

Healthy @ Home Well @ Work

Healthy @ Home:

1. Take 10 minutes to meditate.
 - Find a comfortable seated or reclined position in a quiet area. Take 10 minutes to take deep breathes and relax. Let your mind wander or allow it to be blank. Meditation strengthens the mind-body connection and supports spiritual health.
 - Here's a great YouTube video to guide you through this process:
<https://www.youtube.com/watch?v=hADTMwySEng>
2. Spend 10 minutes journaling.
 - Write down your thoughts and feelings about the day, what would make your day perfect, and your goals or to-do list. Journaling allows us to connect with and better understand our emotions.
 - Check out these journal prompts: <https://www.developgoodhabits.com/gratitude-journal-prompts/>
3. Write down 3 things for which you are grateful.
 - Jot down 3 things, people, opportunities, experiences, etc. that you are grateful for. Practicing gratitude increases our resilience and supports mental health.
4. Practice 3 positive self-talk phrases today.
 - Our internal dialogue, or thoughts, can influence how we feel and thusly, our actions. Try talking to yourself in the same way you would talk to a friend to improve your frame of mind.
5. Identify and write down your main goal for today.
 - By writing down your goal, you can refer back to it throughout your day. Reminding yourself of your purpose for the day, or even for your life, can help you achieve it.
6. Perform a Random Act of Kindness.
 - Whether it's a coworker, roommate, friend, or family member, a surprise act of kindness can make anyone's day.
 - Find out more and get inspired here: <https://www.randomactsofkindness.org/>
7. Engage in a calming bedtime routine, like taking 10 deep breaths or using progressive muscle relaxation.
 - Try practicing 10 belly-breaths before bed or engage in progressive muscle relaxation.
 - Progressive muscle relaxation video: <https://www.youtube.com/watch?v=ihO02wUzgkc>
8. Spend 5 minutes stretching when you first wake up in the morning or when it's time for bed.
 - Check out this stretching video for inspiration: https://www.youtube.com/watch?v=eOWJsw_ARB0
9. Spend 15 minutes listening to your friend or family member tell you about their day.
 - Taking time to connect with a friend or family member will strengthen your relationship and allow you to get to know them better. Being a good listener can also relieve stress if your friend is experiencing a tough time.
10. Watch the sunset or sunrise.
 - Connecting with nature can help reduce your stress levels, blood pressure, and heart rate.
11. Choose a mantra for yourself and repeat it throughout your day.
 - A mantra is a word or phrase repeated to aid concentration. Get inspired by this list of mantras or create your own: <https://www.doyouyoga.com/10-mantras-to-inspire-happiness/>
12. Say something kind to someone who needs a pick-me-up.

- Helping others can increase our sense of purpose, lead to overall happiness, decrease blood pressure, and help us live longer.
13. Donate to or volunteer at your favorite charity.
 - Donating not only helps the charity, but helps you feel proud and happy. It may also encourage you to manage your money better or think about your core values. Any amount can help.
 14. Make a plant-based meal.
 - According to Harvard Medical School, “Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins, and minerals for optimal health, and are often higher in fiber and phytonutrients.” Learn more here: <https://www.health.harvard.edu/blog/what-is-a-plant-based-diet-and-why-should-you-try-it-2018092614760>
 15. Try a new recipe.
 - Ask a friend or take to the internet to find and try a new cooking style or ingredient.
 16. Cook dinner with someone.
 - Creating something with a friend or family member can form or strengthen the bond between you. Plus, you can celebrate your success with a delicious meal!
 17. Get 8 hours of sleep.
 - Getting less than 8 hours each night can create a sleep deficit, which can have negative effects on other aspects of your life.
 - Here are some tips to help you get your ZZZ's: <https://www.cancer.org/latest-news/how-to-get-more-sleep.html>
 - Try out our 14 day sleep challenge: <http://gatorcare.org/files/2018/06/Fourteen-Day-Sleep-Challenge-Packet-2018.pdf>
 18. Make ½ of your plate fruits or vegetables.
 - Mom and Dad would be proud.
 19. Spend an evening without screens/technology.
 - Too much screen time can have serious effects on our health. According to [Psychology Today](#), a large amount of screen time can cause restructuring of the matter that makes up your brain. Learn more about the benefits of disconnecting here: <https://www.claytonbehavioral.com/the-scary-side-effects-of-screen-addiction>
 20. Go a full day without TV.
 - Not only will you have more time to spend with loved ones, but you'll also have more bandwidth to connect with them on a deeper level. You'll also have more time to work on your personal and professional goals, and continue to grow as a person.
 21. Visit a park.
 - Being outside in the fresh air can be great for clearing the mind, and the added bonus of getting some exercise is a plus. Here are some parks in the local area <https://alachuacounty.us/Depts/pcl/Pages/ParksList.aspx> and don't forget about Depot Park, a great place to bring your dogs and kids.
 22. Host a family/friend movie night.
 - Setting aside some time for your friends and family is important for your health, and maintaining those meaningful relationships. A movie night is a quick, easy, and budget friendly way of getting the gang together. Check out this list of family friendly movies
 23. Have a picnic.
 - Picnics are another great way to get everyone outside. It also allows for family bonding by enabling communication. You can get creative and have fun with making new picnic recipes to take on the trip. <https://www.countryliving.com/food-drinks/g783/picnic-recipes-0609/?slide=6>
 24. Go for a walk with a friend or family member.
 - This is an awesome way to get active and encourage your friends or family members to get up and move as well. It will give you some accountability if you decide to make this a reoccurring event. You can also

catch up on each other's lives at this time and connect with the people who matter most. There are a lot of great trails in Gainesville, or a lap around the neighborhood is great too!

25. Set and follow a technology bedtime.
 - Putting all devices down for the evening at a certain time can help you properly unwind without any distractions. Help your body release melatonin, the hormone that helps you fall asleep, by not having any bright screens or lights on an hour before you want to go to sleep.
26. Avoid talking about work for an entire evening.
 - Support your work-life balance by leaving work at work and submerging yourself in your home life when at home. This includes checking your work e-mail!
27. Call a friend or family member.
 - Close or far away, they're sure to smile when they see your name pop up on the screen.
28. Read a book for 10 minutes or more.
 - Whether it's your favorite book that you've read 1,000 times or a professional development handbook, carve out some time for a reading period.
29. Host a family/friend game night.
 - This is another great way to stay connected with all of your loved ones. Here is a list of fun games to try at your next game night.
30. Reorganize pantry or fridge so healthier choices are up front.
 - Keeping healthy options in plain sight makes them easier to reach for when you're hungry!
31. Use reusable grocery bags instead of plastic.
 - Not only are reusable grocery bags stronger than their plastic counterparts, but they also reduce deforestation and greenhouse gas emissions.
32. Practice 5 minutes of deep breathing.
 - This is a great way to take a time out and clear your mind. Your muscles are able to relax and oxygen delivery is improved. This allows you to release stress and think more clearly.