



Find Your Year-Round Zen

6 Tips for a Happier, Healthier Daily Routine

- 1. Set a bedtime alarm.** It might just help you avoid accidentally staying up too late.
- 2. Move your body.** Regular exercise helps regulate weight, mood, energy levels, and medical conditions such as diabetes and hypertension (high blood pressure).
- 3. Start early.** Morning hours are a great time to meditate, stretch, practice yoga or read.
- 4. Stay hydrated.** Use a water bottle to ensure you are staying hydrated throughout the day.
- 5. Plan your morning, afternoon and evening** so you are more likely to follow through.
- 6. Create a checklist** to make sure you complete the most important tasks each day.

YOUR WELLBEING ACTIVITY

EXPLORE MEDITATION

Download a guided meditation app or find a 10- to 20-minute guided meditation on the web and try it out every day for a week.