

Happy, Healthy Mind

by Dr. Corey

1. There's no restriction for going outside and enjoying a walk or run. Spend 15 minutes outside and get up every 20-30 minutes if you are working from home.
2. If you have the room to do so, get some exercise. At least 30 minutes a day. When we exercise our body creates endorphins, or feel good brain chemicals.
3. Get outside! Sunlight is good for us. There's a chemical process in our body that causes Vitamin D production which is good for our immune system, our bones and mood!
4. If you are working from home just act as if you were really going in! Get up, get dressed and keep your normal schedule.
5. Cook! Make your own meal instead of going to get fast food or carry-out. This is something that will help keep your mind busy.
6. Avoid alcohol! Drink plenty of water!
7. Make a schedule for yourself. Plan out your day so that you take advantage of your time.
8. Get at least 8 hours of sleep a day. Good quality sleep can improve productivity.
9. Stay connected with the ones you love. Call someone, FaceTime, heck try the new Netflix sharing. Just stay connected.
10. What's up app is an app that can help you track your positive and negative habits. This allows you to see what can put you in a bad mood so that you can make changes in how you view that activity.
11. **Happify** is an app that engages you in games and suggestions to help you overcome negative thoughts.
12. **Calm** - in 2017 this was named app of the year by apple. Calm provides you with guided meditations for anything from sleep, relaxation, stress and anxiety.
13. **Breathe2Relax** - is an app for stress management. It provides information the effects stress can have on the body and explains how breathing techniques can help fight that "fight or flight" response.
14. Start making goals for yourself. Goals are meant to help push yourself. Set attainable goals and make a few that may seem out of reach. You may surprise yourself by doing things you didn't think were possible.
15. If you aren't already taking supplements, now would be the time. Supplements that are essential right now are Vitamin D, Fish Oil, Vitamin C, and Zinc. Keeping a healthy immune system can help us keep a healthy mind.