

Get Your Life On Track

Let's #DoThisThing

Manage your mood by getting your lifestyle to a healthy place. Not sure where to begin? You're in the right spot. Bookmark this list and knock off one item a day. By this time next week—I promise—you'll be feeling more even.



- Cue up **this playlist** and dance around your room for 20 minutes.
- Eat a nutritious meal—one that fuels your brain. Fill your plate with the food groups: $\frac{1}{2}$ of your plate should be fruits and veggies, $\frac{1}{4}$ carbs (think pasta, rice or potato) and $\frac{1}{4}$ lean meat, like fish or poultry.
- Go for a run or a walk.
- For those who sleep too little (less than nine hours/night)—go to bed one hour earlier.
- For those who sleep too much (more than nine and a half hours/night)—get up one hour earlier.
- Go for coffee with your bestie.
- Shower and actually get dressed.
- Do one thing on your to-do list.
- Complete one random act of kindness for someone else!

