

# TIPS TO MAKE EVERY DAY BETTER

1. Get enough sleep (if it is possible).
2. Go to bed early (if possible).
3. Don't stress out over things you can't control.
4. Even on a busy day, when work doesn't seem to end, take 5-10 minutes for yourself. Stop doing whatever work you are. Concentrate on your body. Take a deep breath.
5. Make a cup of Bigelow Benefits Chamomile Lavender Herbal Tea and enjoy it.
6. Get moving, if you can. I try to get for a 30 minute walk every day or I do a quick 30 minute workout. This helps me tremendously with reducing stress.
7. Call someone (a friend or family member), someone you enjoy spending time with. Talk to them for a few minutes (because they might be having a busy day, too!).