



Start Small to Create a Healthy Lifestyle

Creating a healthy lifestyle can feel overwhelming when there are so many opinions and suggestions about the best way to improve health. There might be so much to change that it seems easier to continue current habits. However, small and consistent changes often make the biggest impact regarding health & wellbeing. Remember not every act of caring for yourself needs to be big or grand—integrating small habits in your daily routine can give your overall wellness a boost and is a great way to improve the way you live. Start small and focus one thing at a time. Continue reading for ideas to improve or maintain a healthy lifestyle.

Explore Gratitude & Positivity

Oftentimes, we tend to focus on what we're lacking in life instead of focusing on the things that we do have. Start measuring your worth by your successes rather than your deficits. Keep track in a journal or your 'notes' app.

Lean Into Meditation

Choose a specific time each day to devote to meditation for added peace and stillness.

Go on an Adventure

Take a walk, hike, or even hop in your car and explore a place you've never been. Try a new park, hiking trail, museum, or restaurant.

Add a Superfood to Your Diet

Superfoods offer a high level of nutrition and are an immediate upgrade to your diet. Check out this list of superfoods on [Harvard Health's Blog](#).

Exercise Your Brain

Complete the Times News' daily Wordle or Connections.

Make an Effort to Be Mindful

Live in the moment and appreciate life's simple pleasures. When interacting with others, give your full attention.

Work On Your Memory

Connecting important information, such as names, to visual cues can help you remember. Remembering someone's name is a great way to make a lasting first impression. Making a connection with something already familiar to you assists in memory.

Pick a "No-Spending" Day.

This will force you to get creative with what is already in the cupboard at home and see what you can do for fun that is free.

Create a Seasonal Bucket List

Physically write down a list of things you want to do this season and tape it to your fridge. It will give you something to look forward to and help you be more intentional with your daily routine.