5 Practical Tips to *Boost* Your Emotional Health

Now that this year is rapidly progressing, you can ensure you'll have a fantastic year by taking good care of your emotional health. How you feel determines the choices you make and the choices you make create the life you live. Apply these tips **NOW** to start these end-of-the year months feeling whole, strong, and vibrant!

Establish one healthy habit.

Eat a salad each day or stretch each morning. You'll feel accomplished with your efforts.

Add exercise to your daily regimen.

Shoot for 30 minutes per day. Even three 10-minute sessions will work. You'll have the opportunity to give your thoughts a rest and maybe even resolve a few minor crises while you're exercising.

Meditate for 10 minutes, 1-2 times a day.

Research tells us there are true health benefits, both physically and emotionally, for those who consistently meditate.

Avoid over-scheduling work tasks.

Over-working can really drain you emotionally. Recognize that you deserve a break from time to time.

Redo a room.

Pick 1 room of your home for an inexpensive redo. A gallon of paint and 1-2 new pieces of decor, like a lamp and pillows, will boost how you feel when you walk into that room. ***Love your home and love yourself!***

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