

11 LOW-TECH, HIGH-EFFECT IDEAS TO QUICKLY IMPROVE YOUR OVERALL HEALTH AND WELLNESS:

- ✓ Stop watching the news
- ✓ Stop drinking energy drinks and taking "pre-workout" supplements
- ✓ Limit social media to 30 minutes or less a day
- ✓ Limit sugar and processed food intake
- ✓ Begin a daily mindfulness / breathing practice
- ✓ Start prioritizing sleep - 7 hours minimum
- ✓ Start taking a good multi-vitamin & fish oil supplement
- ✓ Keep a daily journal (See: The Daily Stoic Journal)
- ✓ Learn to play an instrument
- ✓ Start volunteering in your community
- ✓ Start taking a weekly ice-bath (5 minutes)