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**Make music and feel good doing it**

Kickstart your new healthy routines with takeaways from The Wellness Starter Pack. Personalize and adjust to your own schedule!

[thewellnessstarterpack.com](http://thewellnessstarterpack.com)

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**Sleep**

Try to give yourself an 8-hour window of opportunity to sleep every night.

_Melissa A. St. Hilaire, Ph.D._

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**Mindfulness**

Sit or lie in a comfortable position. Take three deep breaths and really notice the breath entering and leaving the body.

_Kim Gajraj_  

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**Exercise**

You should start small, pick a lower intensity activity like going for a 10-minute walk every day.

_Dr. Joseph Firth_  

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**Nutrition**

If you plan ahead, you can adjust the plans to your budget and get healthy food/snacks if you don’t have time to cook or go places.

_Dr. Lina Begdache_  

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**Positivity**

Write down 3 to 5 things you are currently thankful for – from the mundane to the magnificent.

_Dr. Sonja Lyubomirsky_  

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[thewellnessstarterpack.com](http://thewellnessstarterpack.com)