

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
When:	When:	When:	When:	When:	When:	When:
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When:	When:	When:	When:	When:	When:	When:

Sleep

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

Melissa A. St. Hilaire, Ph.D.

Mindfulness

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

Kim Gajraj

Exercise

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

Dr. Joseph Firth

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

Positivity

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

Dr. Sonja Lyubomirsky