Follow healthy habits to be in a happier mood

Boost your happiness level by taking care of your body.

- Get 7-8 hours of sleep a night.
- Exercise every day with activities you enjoy.
- Limit refined carbohydrates like white starchy foods (white bread, rice, and crackers) and sugar (soda, candy, and junk foods). These foods can cause blood sugar spikes and drops, causing a short-lived burst of energy followed by a tired, cranky feeling.
- Take a 10-15 minute walk to clear your mind and enjoy your surroundings.