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16 ways to keep friends 8 do s 8 don ts a conscious rethink Apr 09 2024

1 do make sure you have reasonable expectations do you have reasonable expectations for your friendship do you understand what reasonable expectations in a friendship look like many of us have a mental image of what we think a friendship or relationship should look like

staying healthy top 10 tips for good health Mar 08 2024

top 10 tips for staying healthy move eat right don t smoke sleep well stay hydrated limit alcohol get check ups know your numbers manage stress safe sex takeaway some lifestyle

14 ways to stay healthy checklist with pictures webmd Feb 07 2024

checklist for staying healthy medically reviewed by zilpah sheikh md on august 28 2023 written by barbara brody keys to good health 1 16 you hear lots of advice from many sources about what

25 ways to stay active at home plus wfh tips greatist Jan 06 2024

improving brain health maintaining or losing weight strengthening muscles boosting your immune system ways to stay active when you re stuck at home 1 walk it out whether outside or around

25 science backed ways to take better care

of yourself greatist Dec 05 2023

your action plan since self care is a highly individual practice there s no set prescription for how or when to do it you should take time every day to do something for yourself lost for

how to help save the environment 17 simple ideas tips Nov 04 2023

to help save the environment try decreasing energy and water consumption changing your eating and transportation habits to conserve natural resources and adapting your home and yard to be more environmentally friendly

17 ways to eliminate stress in 5 10 and 30 minutes healthline Oct 03 2023

1 acknowledge your stress acknowledging your stress can really help lift the weight off your shoulders and could be the first step to asking for help facing stress is an opportunity to

10 everyday habits that help you stay active verywell fit Sep 02 2023

increasing your activity level does not have to look like taking up a new sport or hitting the gym every day even small habits can set you on a path toward better health through more movement try any of these suggestions as a starting point or invent your own

18 effective stress relief strategies verywell mind Aug 01 2023

aromatherapy creativity healthy diet stress relief supplements leisure activities positive self talk yoga gratitude exercise evaluating priorities

social support eliminating stressors highly effective tips for relieving stress there isn't a one size fits all option when it comes to stress relief however

12 ways to keep your brain young harvard health *Jun 30 2023*

1 get mental stimulation through research with mice and humans scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells developing neurological plasticity and building up a functional reserve that provides a hedge against future cell loss

10 things you can do to help save earth howstuffworks *May 30 2023*

there are many ways to save our planet including conserving water reducing our use of oil and embracing green energy reducing waste and single use plastics and planting more trees if you're looking for small ways that you can make a difference search online for ideas of how to get started

heart disease prevention strategies to keep your heart *Apr 28 2023*

1 don't smoke or use tobacco one of the best things you can do for your heart is to stop smoking or using smokeless tobacco even if you're not a smoker be sure to stay away from secondhand smoke chemicals in tobacco can damage the heart and blood vessels

how to stay safe 25 safety tips for home travel more *Mar 28 2023*

article summary co-authored by saul jaeger ms last updated april 2 2024 approved bad things can and do happen and the world can sometimes

seem like a very scary and dangerous place fortunately there are some precautions you can take to reduce your risks

20 ways to protect your mental health **psychology today Feb 24 2023**

1 recognize you are not a robot or machine humans are beings not doings we re not meant to be on 24 7 you are not above the laws of science which emphasize the importance of breaks and

25 tips to improve your heart health Jan 26 2023

diet tips exercise tips mental health tips takeaway the most important lifestyle change you can make is to quit smoking but there are other adjustments you can make to keep your heart

11 tricks to lower your blood pressure **verywell health Dec 25 2022**

there are many ways to lower blood pressure but none is quick changes in diet weight loss exercise medication stress reduction quitting smoking and alcohol and improving sleep quality can all lower your blood pressure long term in the short term be sure you are measuring your blood pressure correctly

10 ways to control high blood pressure ***without medication Nov 23 2022***

by making these 10 lifestyle changes you can lower your blood pressure and reduce your risk of heart disease by mayo clinic staff if you have high blood pressure you may wonder if medication is necessary to bring the numbers down but lifestyle plays a vital role in treating high blood pressure

7 easy things you can do today for a healthier tomorrow Oct 23 2022

1 ease into exercise regular exercise helps to ward off nearly every degenerative disease including cognitive decline if there were a pill that could do this people would be clamoring for it dr manson says although exercise isn't as easy as taking a pill it doesn't require an enormous commitment

the best ways to organize notes in google keep lifehacker Sep 21 2022

number your labels the heart of google keep's organization lies in the labeling system though you cannot organize labels by dragging and dropping them you can use numbers to force them in the

keep your computer secure at home microsoft support Aug 21 2022

use a firewall windows has a firewall already built in and automatically turned on keep all software up to date make sure to turn on automatic updates in windows update to keep windows microsoft office and other microsoft applications up to date

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