

Simple and Free Ways to Improve Your Well-Being



There are easy ways to improve your physical and emotional well-being that can be done right from the comfort of your own home. Here are some quick and free ideas to help you get back to feeling like yourself:



1 Music Therapy

Listening to music can help you heal emotionally, physically, cognitively, and socially. Upbeat music can help you to feel more optimistic, while a slower tempo can quiet your mind and relax your muscles. While music can reduce stress and anxiety, it can also decrease pain and improve immune function. Turn on your favorite tunes and see the difference it can make for your health.

2 Being Close to Others

Whether you're feeling physically or emotionally unwell, something as simple as giving a loved one a hug can go a long way. Hugging releases oxytocin, a feel-good hormone that reduces stress, lowers blood pressure and the risk of heart disease, etc. A warm embrace from someone you care for can go as far as to ease fears and anxieties or fend off infections like the common cold.

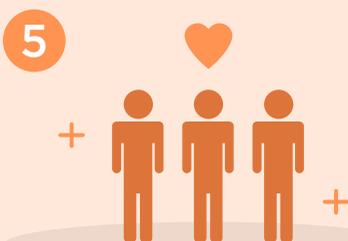


3 Healthy Sleep Habits

Next to eating a balanced diet and regularly exercising, having healthy sleep patterns is a vital part of our health. Our sleep schedule directly impacts brain performance, mood, weight, immune system, and much more. Some habits for getting healthier sleep include having a consistent schedule, removing electronics from the bedroom, and avoiding large meals, caffeine, and alcohol before bedtime.

4 Dance Movement Therapy

Moving and grooving has been known to bolster both physical and mental health. Dancing improves posture and flexibility and can also prevent falls. It is also a great way to ease any stress and anxiety that you may be having. While being a fun activity, moving to music is also known to increase aerobic power and strength, build social bonds, and reduce pain and stiffness.



5 Creating a Sense of Community

Partaking in activities within your community can help you feel closer to others. Strong social connection has been known to help strengthen your immune system, recover from disease faster, and may even lengthen your life! Consider staying connected to others by meeting with loved ones regularly, joining a book club, or partaking in social activities in your community.