7 Commitments for lifestyle balance

**Sleep**

The restoration cycle that is activated when you sleep is one of the most important ways your body is naturally designed to clear away stress.

TIP: Work on establishing a routine that promotes rest. As bedtime nears, avoid the bright lights of phone and computer screens.

**Take Breaks**

Most of us have increased attention, higher creativity, and greater emotional stamina when we take breaks both during the day and at the end of the week.

**Nutrition**

Diet affects brain function and mood. Processed foods and diets high in refined sugars negatively impact the body’s regulation of insulin, increase inflammation, and increase oxidative stress.

TIP: Try decreasing processed foods and sugar in your diet for two to three weeks, and monitor how you feel!

**Physical Fitness**

Regular aerobic exercise is associated with brain cell growth in areas of the brain that are responsible for memory, mood regulation, and contextual threat analysis. Studies show marked improvements in mood with as little as 20 minutes of aerobic exercise a day.

**Engage Challenges**

The ability to “lean in” to problems with curiosity and adapt to new circumstances is a huge advantage in life. Setting realistic goals, acknowledging mistakes, letting go of grudges, and asking for help are all important steps towards developing adaptive engagement.

**Problem Solve**

Find outlets that are fun or creative. Entering a fictional world, joining a sports team, or losing yourself in the flow of an art project are all ways that can make invigoration a weekly habit.

**Energize**

Study after study indicates that investing in relationships and spending time on things that hold deep value or meaning help people navigate challenges. We all need connection and purpose.

**References**