

Healthy body. Healthy mood.

The critical connection of body and mind



Staying hydrated is so important for your mood and overall mental health. Aim to drink half your bodyweight in ounces of water each day. Try hot tea or adding citrus or other fruits and vegetables to your water to make it more appealing. Some of our favorite combinations are cucumber and mint or lemon and grapefruit.

Drink 8 glasses of water

Go to sleep 30 minutes early

A good night's rest can go a long way toward improving your mood. Commit to going to sleep 30 minutes early tonight. In addition, try to disconnect from electronics at least 1 hour before you plan to fall asleep. This will help you fall asleep easier and sleep more soundly.



Take a walk

Physical activity is a great way to relieve stress, clear your head, and fill your body with endorphins to help boost your mood. Take 30 minutes to move your body by simply going for a walk.



Eat a healthy meal

A recent study provides evidence that dietary improvement significantly reduces symptoms of depression and improves mood. Focus on cooking a meal made from real, whole foods. Try to make vegetables the center of the meal (at least half of your plate) and avoid added sugars.