HEALTHY HABITS
GET PLENTY OF SLEEP. TAKE POWER NAPS
STAY HYDRATED
EAT HEALTHY AND DON'T SKIP MEALS
CUT DOWN ON SUGAR
STAY SOCIALLY ENGAGED
AVOID DRINKING ALCOHOL AND QUIT SMOKING
STIMULATE YOUR BRAIN AND KEEP LEARNING
TAKE CARE OF YOUR MENTAL HEALTH
PRACTICE YOGA AND MEDITATION
MANAGE STRESS
STAY ACTIVE AND EXERCISE
GET ENOUGH SUNLIGHT

BAD HABITS
NOT SLEEPING ENOUGH
SKIPPING BREAKFAST
OVER-EATING
EATING SUGARY FOODS
LACK OF SOCIALIZING AND TALKING RARELY
SMOKING AND DRINKING ALCOHOL
LACK OF STIMULATING THOUGHTS
PLAYING LOUD MUSIC WITH EARPHONES
NOT RESTING WHEN YOU ARE SICK
CHRONIC STRESS
BEING SEDENTARY
NOT GETTING ENOUGH SUNLIGHT