

The Good in Change



If you are stuck in a program and the same routine day after day, try doing something different; gentle movement once in a while, and see how you feel.

Although there are certainly comforts to having a schedule and keeping to that agenda, there are also benefits to changing one's timetable. Some of these benefits assist improvements, to both mental and physical health. After a while, if you stick with these changes, they can become part of your daily routine.

Get Fresh Air Daily

Sometimes the key to happiness

lies in the simple things, like the great outdoors. Research shows that spending just 20 minutes outside each day, can improve your mental well-being. Additionally, breathing fresh air can help improve your ability to concentrate and focus.

Choosing time for yourself

Try time to notice your senses, feel your emotions, unplug from social media and have quiet time for yourself, with no distractions. Even if it is for only ten minutes a day.

Laughter, Relaxes Your Body

Stress causes your muscles to tense up. Laughing can help relieve stress, because it relaxes your muscles. A good

laugh can relieve your muscles of extra stress for up to 45 minutes, because it stimulates circulation.

Changing your routine may initially feel awkward, however when it is done with intention and self-awareness, breaking from regular routines can be a helpful way to; stimulate new thinking, break bad habits, adapting to rest physically and to feel better.

Try each day, to do something that gives you fun!

Best wishes, David

"I've been able to continue my hobbies of golf and gardening"

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