

Feel Better

Live Better

In this busy, work-obsessed culture, people frequently forget to do small and simple things to keep their minds and bodies in shape. Here is a "daily routine", proposed by the BetterFuture team, that will help you face your every day from a different perspective!

Goodmorning

7' of exercise

won't impact your morning routine - shakes off any residual sluggishness

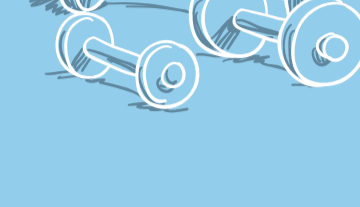
* studies have shown that morning exercise will make you feel less stressed when you get to work"



Listen to music

it awakens the mind and helps while exercising

* "apart from awakening the mind, music is the key to creativity and creates good mood"



preparing for work



Eat an apple, don't drink coffee



apples are more powerful than caffeine at helping your metabolic system stay awake!

* Studies have shown that it is actually the crunch of eating the apple that wakes you up

Take a cold-hot-cold contrast shower every morning

* It is proven that this kind of shower keeps your body healthy



* Work in a cool place

Working in a hot room (33°C) will make you feel groggy and sluggish and your productivity will drop to 85%. The ideal office temperature is 19°C-25°C.

studies have shown that with the correct temperature your productivity can rise up to 95%

At Work (before lunch time)



Turn your phone off and leave it in another room

By doing this simple act, you will eliminate the urge to check text messages, facebook, twitter and instagram

* It is a fact that one sided phone calls are more distracting than conversations

At Work (around lunch time)



Sit up, Stand up & DRINK WATER:

Your mind needs oxygen. Your lungs need to be able to expand and contract to fill your body with oxygen. It doesn't work when you sit hunched over.



Power up after lunch:

Take 15' to refocus on the day (away from your computer) and determine what you've got for the rest of the day.

*Oxygen & water are body fuels. Take a 1' walk around every once in a while and go get a glass of water. Water is the elixir of life!

* It will be more effective if you make and follow a "to do list"

Personalise your working space:



Make it feel comfortable, like home. Get a comfortable chair that enables you to put your feet either on the floor or a footstool and sit straight!

At Work (increase productivity)



* It is proven that the use of music will get you motivated

Learn to be in a good mood!

Start by smiling when you answer the phone



* Studies have shown that you can control your mind and make yourself happy just by following simple positive routines

WHEN YOU LEAVE WORK



Leave work on time at least once a week

Get your priorities right OR never become CEO, BUT we should all leave work on time - to spend time with our family

* nothing will make you happier than some quality family time



Stress management strategies

* When stressed you might make a decision more nastily; you have a very narrow focus on attention

Follow these simple techniques! Deep breathing/ music relaxation/ progressive muscle relaxation/ regular exercise/ journaling/reading.

Acquire skills

Useful skills can be computer science, speed reading, time management, study skills, basic money management, survival skills, negotiation, basic self-defense and many more.

FREE TIME (Personal Development)



* It is never too late for personal development. By doing so, it will help you feel better about yourself

Get off one stop early

Thirty minutes walking per day cuts the risk of heart disease by half and clears your brain as well.

* doctors' say that this is one of the secrets for longevity



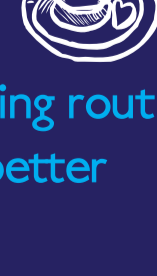
BEFORE GOING TO BED



Prepare the night before

Follow your program, eat healthy and do not skip your morning workout.

* having a healthy morning routine will make you feel a better person



Avoid doing work late at night

* such a habit will stress you out and result in an unstable sleep

Don't write emails, send messages, check your bank accounts or pay your bills late at night.



Goodnight

