


# Wellness

Source  
<https://www.outsideonline.com/2399826/wellness-industry-lies-what-really-works>

 outsideonline.com

**Physical**

30 minutes of moderate to intense daily physical activity lowers your risk for heart disease, Alzheimer's, mental illness, and many types of cancer.

- Move your body every day, sometimes very hard, preferably in nature.
- Ignore diets and supplements and, instead, just aim to cut out junk like processed and fried foods

**Emotional**

People get sad. Psychologists tell us that hiding and repressing that only makes it worse.

- Stop trying so damn hard to be invincible, and just be yourself.
- If something feels way off, don't be scared to get help.

**Social**

Relationships matter. It's not all about productivity.

- Remember that mortality risks associated with loneliness exceeded those associated with obesity and physical inactivity.
- Don't let an increased focus on "productivity" and the "cult of busyness" crowd out time for developing meaningful relationships.

**Cognitive**

"Find your passion" is one of the most popular self-help phrases, but it's quite misleading and sometimes even harmful.

- First, follow your interests and build skills. Understand that passion takes time to emerge.
- Do Deep-Focused Work. It's amazing how much just one or two blocks of undistracted work per day can do to improve your mood.

**Spiritual**

Cultivating a cohesive sense of direction, core values, and connection with something beyond yourself.

- Cultivate purpose ( a sense of feeling rooted in your life )
- Be open to awe ( music, nature, art, people..)!

**Environmental**

Our surroundings shape us in so many ways. Yet we're rarely intentional about them. Care for your space.

- Turn off your phone, remove junk food and junk content and keep your work area clean and focused.
- Move away from crazily expensive, competitive, and congested cities.

**Other**

You may have other healthy habits not mentioned in the article such as journaling, practicing gratitude, budgeting to add here.

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