

Operation Happiness:

PICK 3 EACH DAY:

- watch the sunrise
- 20 minutes of direct sunlight
- stand barefoot outside for 5-10 minutes
- meditate for 5 minutes (insight timer is the app I use)
- Wim Hof breathing. (linked)
- stretch for 15 minutes
- BioMat for 30-60 minutes followed by a 2 minute cold shower
- lay on acupressure mat
- READ A BOOK
- no screens before 9am
- eat 9 cups of veggies a day
- castor oil pack on liver
- diffuse essential oils
- organize a small drawer or closet
- write 10 things you're grateful for
- STOP WATCHING THE NEWS
- sit in nature
- color!
- watch TedTalks on youtube
- listen to binaural beats music (639 hz is for positive energy)
- watch the sunset