



Breathe

Close your eyes, and take a deep breath in for 5 seconds.

Hold it for 2 seconds, and breathe out for 10 seconds.

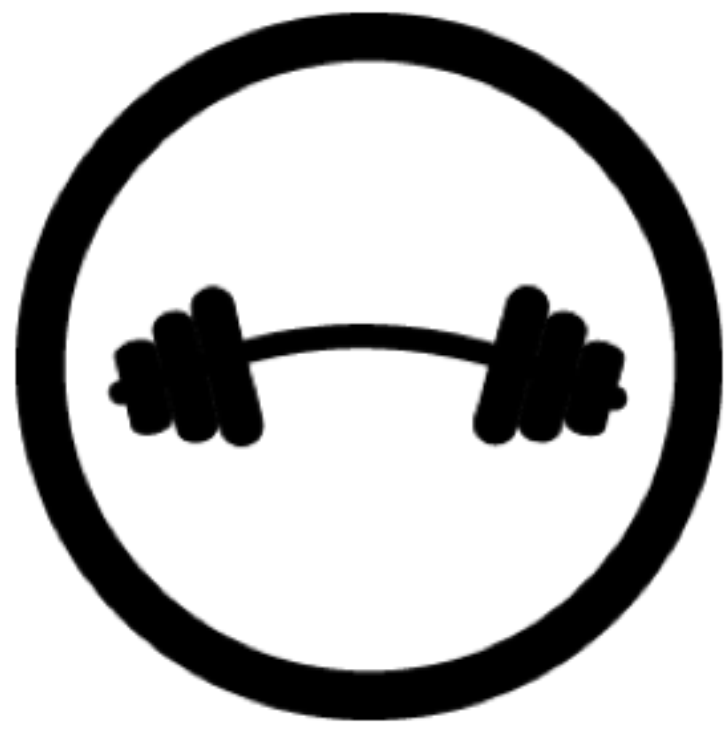
Repeat as necessary.

(Helpful tip: Count as you breathe in and out)



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Stretch

Stand up and stretch your hands up to the ceiling.
Then reach down to the ground and touch your toes.



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Nourish

Boost your brain power by snacking on a handful of almond or walnuts. Swap a caffeinated beverage for water infused with lemon slices.





Sleep

Prepare for better night's sleep by turning off electronics 30-60 minutes before bedtime.

