



Healthy is 15 minutes of “me time.”

Get recharged, relieve stress, enjoy life more, and boost mental well-being by planning for at least 15 minutes of time each day to invest completely and entirely in you.

WHY IT MATTERS

When was the last time you did something that allowed you to take a break, switch off from the daily grind, and feel truly relaxed? If you're struggling to remember, you're not alone.

Taking time to do something relaxing and enjoyable for yourself is not just a “good idea,” it's actually as important to your health as exercising, sleeping, and eating healthy. A lot of us spend most of our day in “fight or flight” mode and releasing excess cortisol because we are responding to the many stressors that come our way each day. When cortisol levels from chronic stress stay very high for extended periods of time, research shows that:

- Risk of chronic disease, chronic inflammation, and immune dysfunction are all heightened.
- Muscular strength, energy levels, and sex drive are all negatively affected.
- Weight gain, inability to lose weight, and sleep disruption occur more often.

You can reverse these negative trends by activating a different part of your nervous system and de-stressing your body with a daily dose of 15 minutes of “me time.”





A daily dose of 15 minutes of “me time.”

“Me time” is your timeout from the rest of the world. It is time to do something completely for you, and focus on what you enjoy.

TIPS ON HOW TO HAVE “ME TIME”

The key is to plan ahead for it. Plan the time, the relaxing place, and what you will do. Actively build it into your routine. Taking “me time” has to be a priority in your schedule. Do not bump it out of your schedule when things get busy; in fact, the busier you get, the more you need it.

WHAT TO DO DURING “ME TIME”

Here are just a few suggestions from Dr. Rangan Chatterjee, author of *How to Make Disease Disappear*:

- + Slowly drink a warm, indulgent coffee or tea
- + Sit on a park bench and... just sit
- + Read an enjoyable book
- + Sing, play or listen to music
- + Meditate
- + Go for a walk, garden, or do another task to get outside
- + Paint or draw
- + Learn a new talent, 15 minutes at a time
- + Stretch
- + Do anything you enjoy, is calming, and is just for you

The key to successful “me time” is scheduling this time within your day. Make it the top priority, because the more you do it, the more effective - and happy - you'll be in all of your other tasks.