

5 ASPECTS OF PHYSICAL & MENTAL WELLNESS YOU NEED TO KNOW ABOUT



1.

Sleep: 8 hours of sleep. Make sure that you wake up and sleep at the same time every day.

2.

What to eat: Include nutrient-rich foods such as fruits, vegetables, lean meats, and whole grains.



3.

Physical activity: Workout for a minimum of 30-minutes every day. Playing outdoor sports also have similar benefits.

4.

Hygiene: Shower every day. Brush your teeth twice a day. Always wash your hands before eating and carry a sanitizer if possible.



5.

Relaxation: Have a proper schedule to relax. Meditation and short 20-minute naps are the most recommended relaxation techniques.

