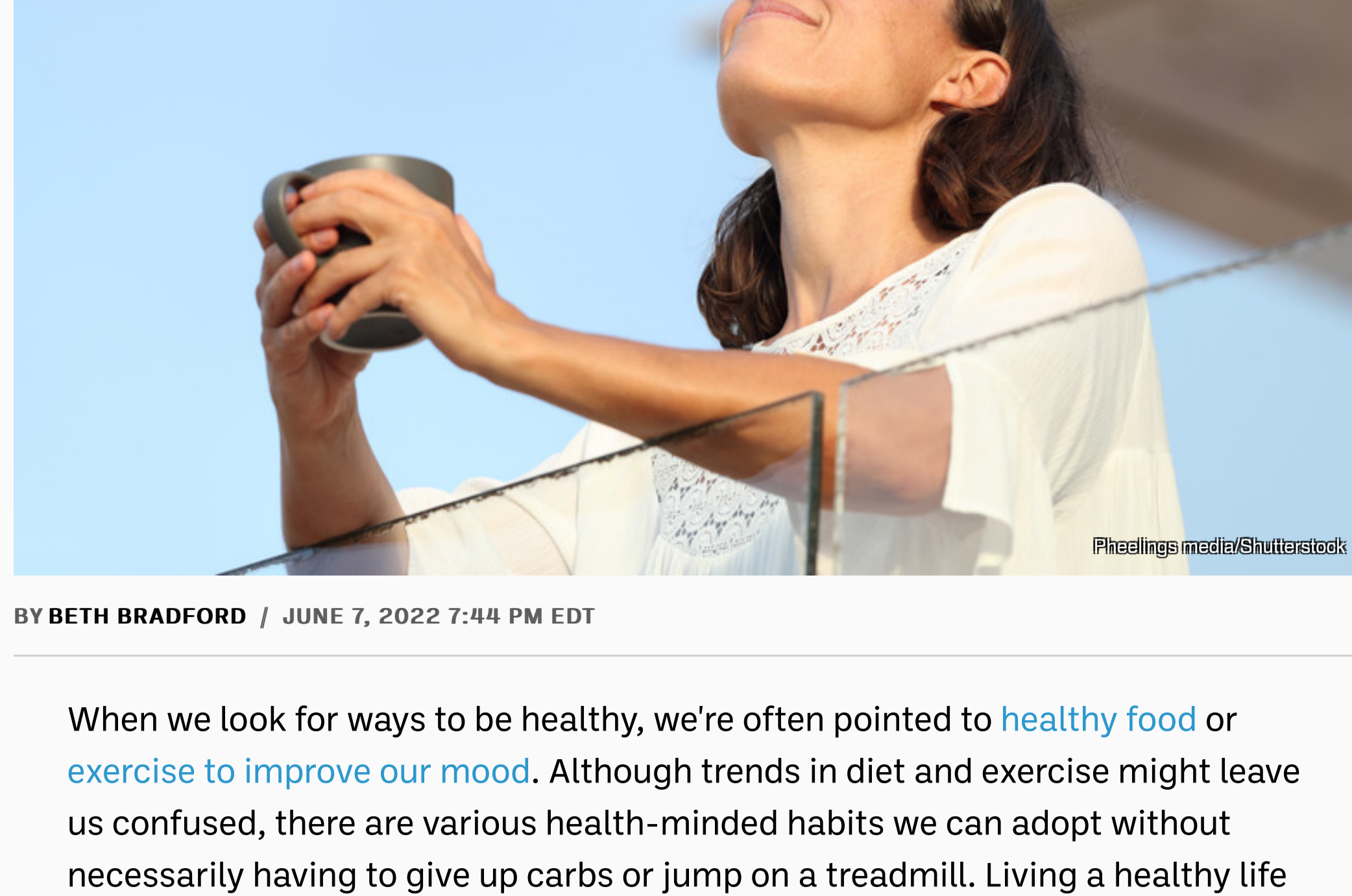


Daily at 7am & 7pm CrossFit Lansdale

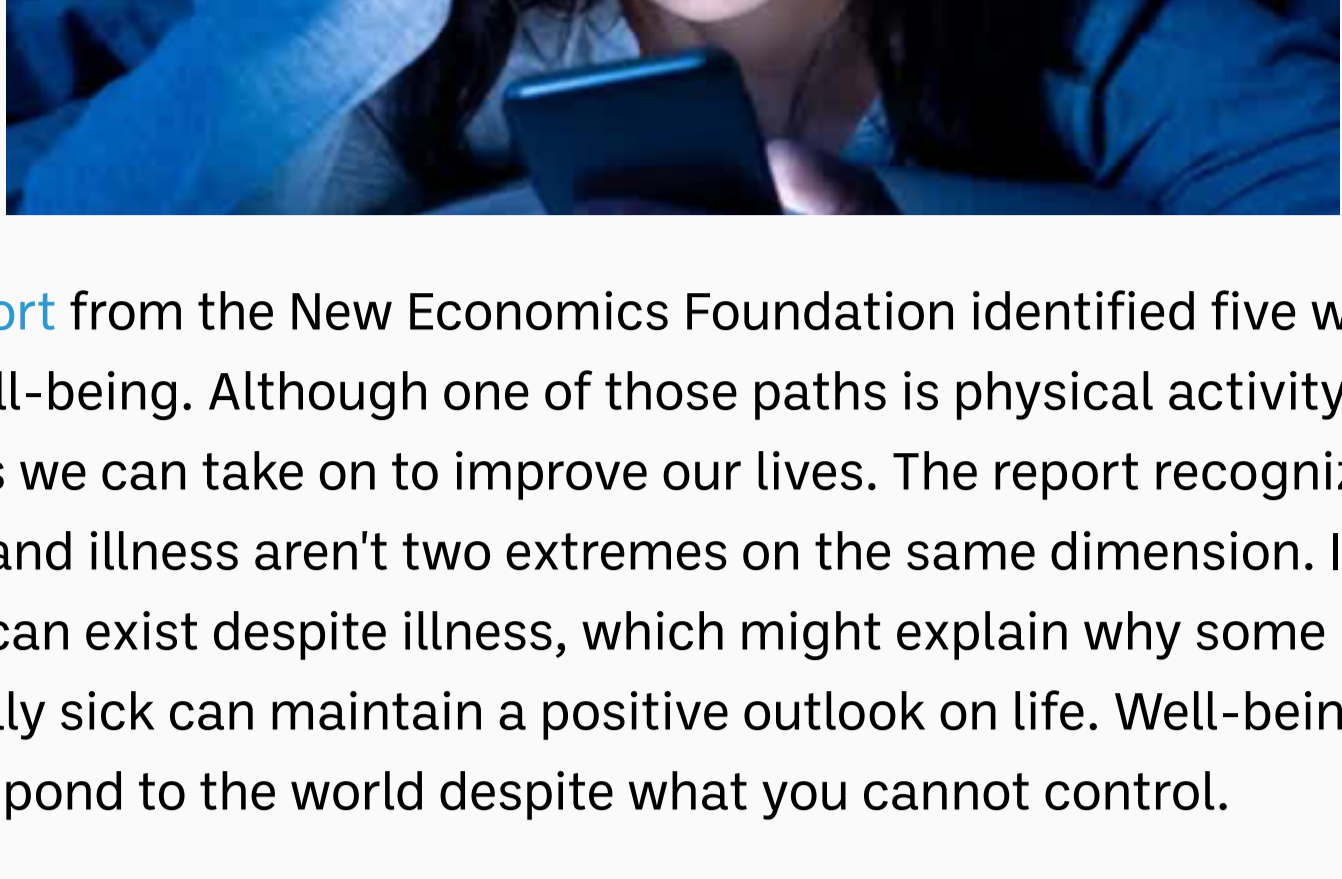
Health » Mental Health

Health-Minded Habits That Aren't Diet Or Exercise



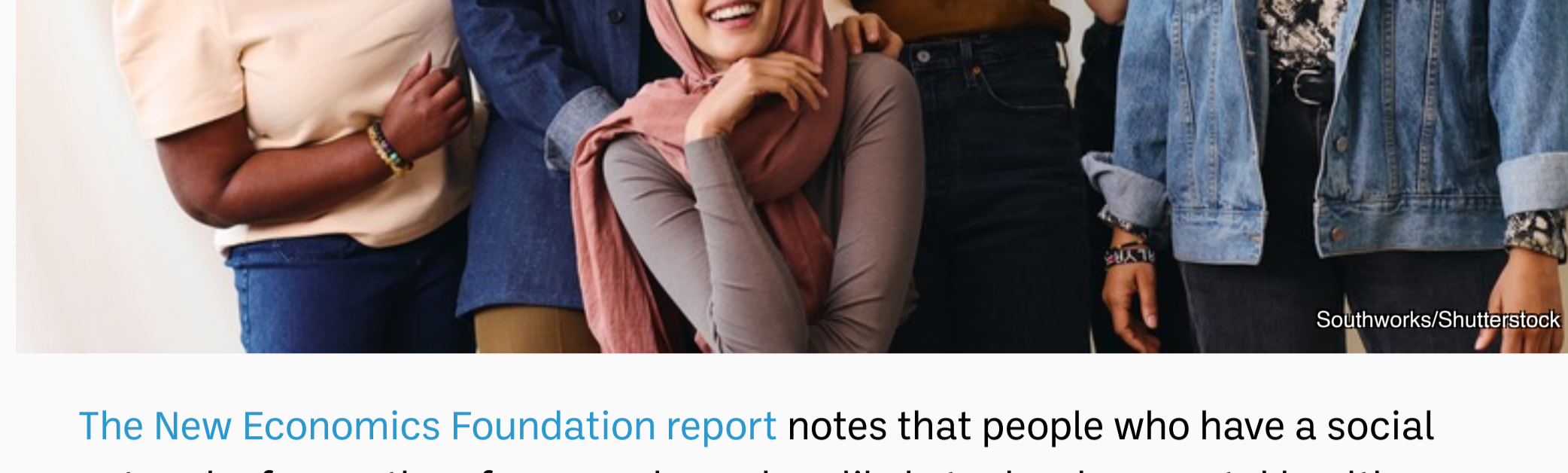
BY BETH BRADFORD / JUNE 7, 2022 7:44 PM EDT

When we look for ways to be healthy, we're often pointed to healthy food or exercise to improve our mood.



A 2008 report from the New Economics Foundation identified five ways to improve well-being.

Make healthy relationships your goal



The New Economics Foundation report notes that people who have a social network of more than four people are less likely to develop mental health issues.

The No. 1 Fruit That Fights Cholesterol OPEN

A 2010 review in the Journal of Health and Social Behavior pointed out that quality social ties and a diverse network of social connections can benefit health.

Because positive relationships help us achieve health goals, it's important to create life goals related to our quality of life rather than professional or material success.

The No. 1 Fruit That Fights Cholesterol OPEN

Notice what's around you

Photo: iStock/Shutterstock

We can easily get kicked around by the demands of others, which may cause us to lose our sense of agency over our lives.

We can notice what's around us at any time, but if you're not used to the practice, here's one from the Greater Good Science Center.

Learn something new

Photo: iStock/Shutterstock

Learning new things throughout life can improve your sense of self-worth, making you more social and more active.

This doesn't necessarily mean that you have to enroll in college classes. A 2014 study from Cambridge University found that even informal learning, such as art groups, increases well-being in older adults.

A 2013 study in Psychology of Music found that well-being improved when older adults learned to play a new musical instrument.

Be generous with others

Photo: iStock/Shutterstock

Our generosity can also benefit our health. According to Geisinger Health, giving to others can lower blood pressure, reduce stress and depression.

Being generous also helps us redirect our minds. When we're helping others, we distract ourselves from the inner critic that sometimes keeps us from feeling good.

According to a 2017 study in Nature Communications, participants who pledged to spend money on others activated a part of their brain that induced both generosity and happiness.

Find some quiet time alone

Photo: iStock/Shutterstock

The New Economics Foundation didn't include silence in its report, but it is another habit that can make you healthy.

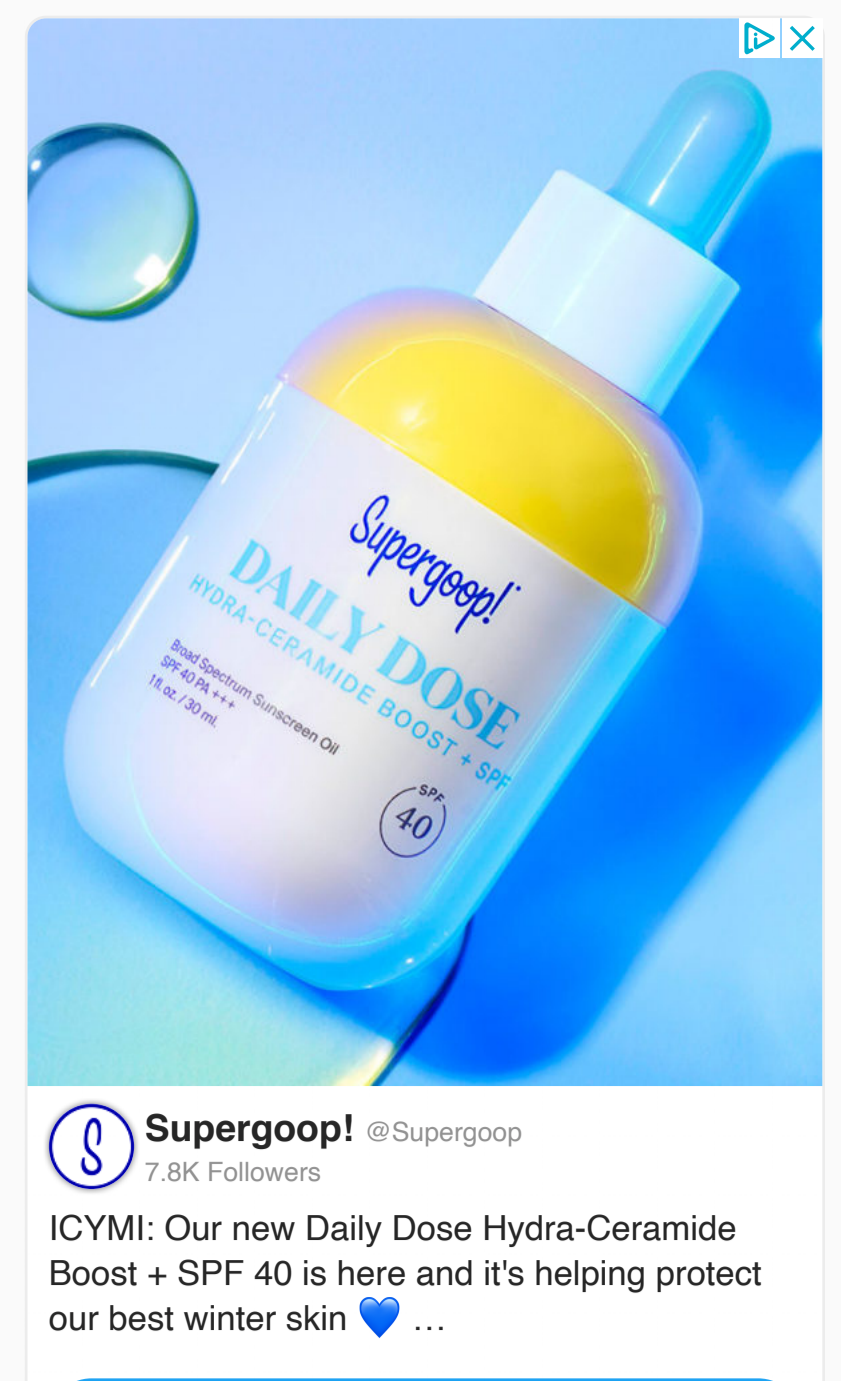
Every day, you might be bombarded with various sounds from your smartphone, your family, or your commute.

Although you might not be able to move, spending some time in quiet solitude can still provide some benefits.

You can make a daily practice of silence by turning off music for a few moments in the car, eating breakfast without the distraction of your phone.

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