

# Tips to Maximize your Time

Re-Energize your daily activities! Follow these tips to make the most of the time you have.

**Maximized Movement:** Use exercise to follow an interest or build relationships.

- Ride bikes with the family. Remember helmets, please!
- Take a dance class with a partner or friend.
- Run with headphones—listen to an audiobook or podcast.

**Re-Energized Reflection:** Boost your time through intentional reflection.

- At a red light: count to five and take in a long breath. Hold for a second. Then, slowly breathe out for another five counts.
- Before bed each night: reflect on the good things that happened to you that day. Write 3 things for which you are grateful on note paper.
- In the morning: Wake up fifteen minutes earlier to write, read, draw, or just breathe. Choose something to help you experience a calm, quiet moment before the day begins (and before family members wake up).

**Maximized Meals:** Cook easy, healthy meals that make tasty leftovers.

- Dust off your slow cooker. On Monday morning, turn on a pot of turkey, black bean, and tomato chili. Serve with whole grain corn bread for dinner. Eat the leftovers wrapped in whole grain tortillas on Tuesday.
- Stir-fry a quick weeknight meal. In a wok or skillet, mix frozen veggies with olive oil, low-sodium soy sauce, chopped garlic and ginger. Add tofu, canned salmon, or cooked chicken. Serve over brown rice.
- Roast a whole chicken for a weekend meal. For lunches this week, pop the leftovers between slices of whole grain bread, or on top of a green salad.

**Re-Energized Rest:** Create an environment for a peaceful night's sleep.

- Adopt a bedtime routine to cue your body that it is time to sleep. Try drinking caffeine-free tea, reading a book, or listening to soothing music.
- Darken your bedroom at night. Invest in blackout curtains to keep the streetlamp from shining in your window.
- Keep your bedroom a screen-free zone. Watching television before bed stimulates your brain, and might keep you awake. And, the light from a screen could wake you up as you are dozing off.

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