

WHAT DOES A BODY GOOD?

1. Taking Time for Exercise

Regular exercise can not only change how you body feels, but it also can give a boost to your mood.

2. Making Sleep a Priority

Make a commitment to get enough sleep at night. If you haven't gotten adequate sleep, you may be less productive, less mentally sharp, and otherwise more prone to the effects of stress.

3. Eating Well and Savoring It

Eating well means feeding your body what it needs in the most natural way you can manage and afford. Changing how you eat doesn't need to be an all-or-nothing thing. Maybe you could add just an extra bit of fruit a day or swap a cup of coffee for a glass of water instead.

Relish the food you eat too, and take your time. Paying attention to flavors, textures, and smells, even the mechanical act of eating, can soothe our bodies and reawaken us to the sensations of being alive. How long has it been since you've recognized your body like this?

4. Listening to Pain

When something hurts, something somewhere has gone wrong, and your body is trying to tell you that. We often pay no attention to pain unless it becomes unbearable: that tooth ache isn't so bad, it can wait for a while; the sharp tugging in my shoulder is a result of repetitive strain but it usually goes by the time I'm home, so no need to worry.

These things, no matter how small, shouldn't be brushed aside because they represent damage to our bodies. Ignore them and they could come back to haunt you later.

5. Slowing Down

If we squeeze every second out of our day at record speed, our flesh, bones, muscles, organs—the whole lot—will eventually suffer.