TIP to SUSTAIN your WELLNESS:

Meditate!
Even small doses of mediation can increase focus, creativity, compassion, and memory, as well as lessen anxiety. Give your brain a break so it can perform to its fullest potential!
TIP to SUSTAIN your WELLNESS:

Laugh! Studies show that laughing 100 times is equivalent to exercising 15 minutes on a stationary bicycle.
TIP to SUSTAIN your WELLNESS:

Exercise! Even a brisk walk can be more effective than a nap or cup of coffee at fighting fatigue. Walk or bike instead of driving for a boost of fresh air and energy.
TIP to SUSTAIN your WELLNESS:

Eat breakfast!
Eating a good breakfast full of fiber, lean protein, and whole-grains improves your mood, helps your memory, and gives you energy.

*Running low on food points? Search “free food” on the Duke Events Calendar
TIP to SUSTAIN your WELLNESS:

**Stay hydrated!** Drinking water improves your mood, gives you energy, prevents headaches, and helps keep you from overeating. Carry a reusable water bottle throughout the day to make it easy to stay hydrated!
TIP to SUSTAIN your WELLNESS

Plan your day.

Studies show that people who plan their day’s goals and activities report less stress and more happiness. Plus, the checking something off a to-do list gives you a sense of accomplishment and control over your life.
TIP to SUSTAIN your WELLNESS:

Smile at people.
Research shows that smiling is contagious and that a single smile produces the same level of brain stimulation as 2,000 chocolate bars.
TIP to SUSTAIN your WELLNESS:

Eat oranges!

Studies have proven that the smell of citrus calms you down and reduces levels of cortisol, the body’s stress hormone. Plus, they have lots of Vitamin C!
TIP to SUSTAIN your WELLNESS:

Be mindful of your small purchases. For example, if you cut out one tall latte a day, you would save $1,095/year excluding tax. That’s enough money to buy a brand new 11 inch Macbook Air!

*Want to learn how to save money while at Duke? Visit www.personalfinance.duke.edu and click on “Save Money at Duke.”