

Learning a New Language or Playing a Musical Instrument Gives Your Brain a Boost



Maintaining Good Relationships with Your Friends and Family, Reduces Harmful Levels of Stress and Boosts Your Immune System



Yoga Can Boost Your Cognitive Function and Lower Stress



Drinking Coffee Can Reduce the Risk of Depression



Swearing Can Make You Feel Better When You're in Pain



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Walking Outside Can Reduce Negative Thoughts and Boost Self-Esteem



Keeping a Journal Can Make You a Happier Person!



Smelling Rosemary Can Increase Alertness and Improve Memory



Chewing Gum Makes You More Alert, Relieves Stress and Reduces Anxiety Levels



Feeling Stressed? Read a Book! It Can Reduce Your Stress Hormones by up to 68%

