HOW TO BE HAPPY AND HEALTHY:

LIFESTYLE HABITS TO ADD TO YOUR ROUTINE

By Noah Schumacher

Abstract

It's an age-old question: What's the secret to happiness?

We believe happiness and health are two sides of the same coin, and we work to deliver quality recommendations on how to live a healthy, happy life.

It's more important now than ever before to think about how to live a healthy, happy life. But with so many online resources available, it is difficult to know where to start. We're here to help you renew your health journey, by looking at steps you can take today – and every day – to unlock happy, healthy living.

Getting Started

Habits matter. If you've ever tried breaking a bad habit, you know all too well how engrained they are.

Well, good habits are deeply engrained, too. Why not work on making positive habits part of your routine?

Below, you'll find suggestions for lifestyle habits to help kickstart your quest. Just remember that everyone's version of happiness is a little different, and so is their path to achieving it.

If some of these habits create added stress or just don't fit your lifestyle, ditch them. With a little time and practice, you'll figure out what does and doesn't work for you.

Understanding the Importance of Daily Habits

Before diving into the specific habits, let's take a moment to understand the connection between habits and our health and happiness. Our habits are the building blocks of our lives, shaping our everyday actions and behaviors. By consciously choosing positive habits, we can create a solid foundation for a healthier and happier life.

When it comes to our health, the impact of our daily habits cannot be overstated. Our bodies are intricate systems that require proper care and maintenance. When we adopt healthy habits such as regular exercise and nutritious eating, we provide our bodies with the fuel and care they need to thrive. Regular exercise not only helps us maintain a healthy weight, but it also strengthens our muscles and cardiovascular system, reduces the risk of chronic diseases, and improves our overall physical well-being. Similarly, a balanced and nutritious diet ensures that we receive the necessary vitamins, minerals, and nutrients to support our bodily functions and promote optimal health.

On the other hand, poor habits can have detrimental effects on our overall well-being. Habits such as smoking or excessive drinking can lead to serious health problems, including lung cancer, heart disease, liver damage, and addiction. These habits not only compromise our physical health but also affect our mental and emotional well-being. The negative impact of these habits can result in decreased energy levels, increased stress, and a higher risk of developing mental health disorders such as anxiety and depression.

While the connection between habits and health is well-established, it is equally important to recognize how habits influence our happiness. Our mental and emotional well-being are closely intertwined with our daily habits. Engaging in positive habits, such as practicing gratitude or engaging in hobbies we enjoy, can have a profound impact on our mood and overall happiness levels. Gratitude, for instance, has been shown to increase feelings of contentment and satisfaction, improve relationships, and reduce stress. Similarly, pursuing hobbies and activities that bring us joy and fulfillment can provide a sense of purpose, boost self-esteem, and enhance our overall quality of life.

Conversely, negative habits can dampen our spirits and lead to decreased happiness. Excessive screen time, for example, can contribute to feelings of isolation, disrupt sleep patterns, and hinder productivity. Dwelling on negative thoughts, on the other hand, can perpetuate a cycle of negativity and prevent us from fully experiencing joy and gratitude in our lives. By recognizing the impact of these negative habits, we can make a conscious effort to replace them with more positive and fulfilling alternatives.

Below, we will explore ten essential habits that can lead to a healthier and happier life.

I. Eat Healthy Food

There is a simple rule that what and how you eat is directly proportional to your health. The habit of eating healthy food will help you to maintain good and disease-free health. Your regular diet should include different fruits, green leafy vegetables, sprouts, pulses, meat, poultry food, and seafood. Your diet should be high in protein, fibers, vitamins, minerals, and low in carbohydrates and calories.

Also, how you eat or chew your food is also an important part. You have to chew your food 20-30 times to make it digestible.

II.   Drink Plenty of Water

Drink plenty of water for the inner and outer beauty of your body. Remember that water has numerous benefits to the body. Do not forget to drink at least 1.5–3 liters of water per day in proportion to your weight. In this way, both your headaches will decrease and your energy will be high. After all, 70% of our body is water. We need to balance this.

You can neglect everything, but never neglect the amount of water you drink. If you forget, I recommend you download reminder applications.

III. Stay Away From Harmful Habits

Hundreds of people suffer from different diseases every year due to the use of cigarettes and alcohol. To make your body more resistant and healthy, completely remove these habits from your life. I think of smoking as behavior that should not be in the world anymore. It's a shame for your money. It is ridiculous that you pay crazy money for this seriously expensive cigarette, and it increases the risks of diseases such as cancer.

It kills your energy. As a note, I would like to add that your sexual performance is seriously reduced. In the same way, I am not talking about a glass of wine 1 or 2 times a week, but the alcohol taken regularly every day has serious harm to you.

IV. Do Sports

Even if you spend 15 minutes a day doing sports, you will benefit greatly from it. According to your daily intensity, spend half an hour a week or a day for sports. Do brisk walks, jogs, and exercise moves in a certain routine.

If you make a sports plan suitable for your diet, you will get very serious physical results. Never give up on sports for both your health and your outer beauty. You can't even imagine the relaxation and energy after sports. Even if you don't like doing sports, tighten yourself up a little and go regularly for 21–

30 days. Then you will become addicted. It will be very difficult for you to give up when you see the development in your abdomen or arms.

V.   Think Positively

"Thoughts are also a part of us. "

Foxes spin in our heads every second. Factors such as a stressful life and negative thoughts pave the way for many diseases. Try to approach life and events in a positive way. I'm not saying be Pollyanna, but don't get caught in negative thoughts. Always try to look at the world positively. Both your problems will be solved faster and you will not let a small issue ruin your day.

After all, I am a strong believer in good energy. I believe that if we see our life as beautiful and radiate beautiful energy, the universe will bring beautiful things to us. For this reason, it is very important to think positively both for yourself and for you.

VI.   Do Brain Exercise

Do not hesitate to try things that will constantly improve your mind and strengthen your memory.

Solve puzzles, read books, keep your mind alive with sudoku. For example, I love to play chess and I love it because it is both a mental activity and a good conversation in quality environments. Working iron does not rust, after all.

VII.   Take Care Of Sleep

Do not sleep less or more than 8 hours a day.

Order makes your life better. Sleeping a lot will make you bearish during the day. Likewise, sleeping less reduces your productivity. In addition, the sleep quality that you will sleep on time is not the same as the late night sleep. Do not forget this. I say turn off your phone and try to sleep at a reasonable hour.

VIII.   Be With Your Loved Ones

Is there anything better than the time we spend with our loved ones?

I try to spend time with the people I love as much as possible. With people who value me and make me happy. Travel with them, chat, tell them you love them. People who make you happy will help you connect to life and be happy. Besides, is there anything more beautiful than love in this life?

IX.   Cleaning Is a Must

Take care to take a shower and take care of yourself every day. Pouch regularly. Take care to use the necessary products for your face, hair and body. Do not sleep or leave the house without brushing your teeth. With all of these, both your attractiveness and your health will come to a better level.

X.   Keeping House Clean for Your Mental Health

"Cleaning your room is good for your health," might sound like something your parents may have told you to get you to tidy up your toys as a kid, but turns out, there's some truth to it. Our environment plays an important role in our mental wellness, and keeping a clean home, whether that's your bedroom, apartment or house, has a variety of benefits you won't want to ignore.

Learn about these benefits below, along with expert tips for cleaning your home and keeping it tidy.

Keeping Clean for Your Mental Health

"Our outer worlds invariably affect our inner worlds and vice versa," says Danielle Roeske, Psy.D., vice president of residential services at Newport Healthcare.

Essentially, when our minds feel overwhelmed, our living spaces can also end up cluttered. In turn, a messy space can lead to stress, anxiety, difficulty concentrating and relationship strain, says Peggy Loo, Ph.D., licensed psychologist.

Studies over the years have linked mental health to environmental exposure. A 1997 study indicates that childhood living conditions significantly impact health in adulthood, and a 2000 comparative study linked improvements in housing quality to residents' improved mental health.

The Relationship Between Mental Health and Cleaning

When some people are feeling overwhelmed or stressed out, they might try yoga, mindfulness, or even a massage, but for others giving the shelves a quick dust, wiping down the kitchen, or even organizing the closet is just as beneficial for their mental health as using a mindfulness app.

In fact, for some people the simple sight of a clean and organized home can help them unwind and de-stress even after an overwhelming day.

Here's a closer look at the impact of cleaning on your mental health, including the benefits of cleaning and how to incorporate a cleaning schedule into your life.

➕ Negative Impact of Clutter and Mess

Keeping your home clean and engaging in the cleaning process is good for you. In fact, research shows that cleaning—or the lack of cleaning—can have a direct impact on mental health.

✓ Clutter May Contribute to Depression

For instance, a study published in "Personality and Social Psychology Bulletin," found that women who described their living spaces as cluttered or

full of unfinished projects were more likely to be fatigued and depressed than women who described their homes as restful and restorative. Researchers also found that the women with messy or cluttered homes had higher levels of cortisol.

✓ Clutter May Lead to Decreased Focus, Confusion, and Tension

Meanwhile, a study by Princeton University researchers discovered that clutter can make it difficult to focus on a particular task. More specifically, they discovered that a person's visual cortex can be overwhelmed by objects not related to a particular task, making it harder to focus and complete projects efficiently.

In some ways, clutter and mess is linked to negative emotions like confusion, tension, and irritability while an organized home tends to produce more positive emotions like calmness and a sense of well-being.

To the brain, clutter represents unfinished business and this lack of completeness can be highly stressful for some people. This fact is especially true when people have significant concerns pressing in on their lives.

Clutter and mess can create more stress and anxiety, but by cleaning, organizing, and reducing the clutter, people are able to take control of their environment and create a more relaxing environment that helps them focus better on the more pressing issues in their lives.

✚ Benefits of Cleaning and Decluttering

Research has found that cleaning can have a number of positive effects on your mental health. For instance, it helps you gain a sense of control over your environment and engage your mind in a repetitive activity that can have a calming effect.

It also has been found to improve a person's mood as well as provide a sense of accomplishment and satisfaction. There are a number of reasons why cleaning can help you destress. Here's an overview of some of the benefits of cleaning and decluttering your home or office.

✓ Cleaning Can Benefit Physical Health

A clean home also impacts your physical health. According to a study by NiCole Keith, PhD, a research scientist and professor at Indiana University,

people with clean houses tend to be healthier than those with messy or cluttered homes. In fact, cleanliness was even more a predictor of good health than the walkability of a neighborhood.

But many people procrastinate house cleaning because it requires physical effort and time. However, if you are someone who wants to get fit without going to the gym, you can strike two birds with one stone by cleaning your house and burning calories in the process. You can easily develop a work-out regime and keep your house sanitary as cleaning chores when done for short period in quick succession help burn hundreds of calories. In case your home is heavily soiled and you need a fresh start, hire professionals for house cleaning. At the end of tenancy, book expert cleaners for end of lease cleaning Adelaide. Once you are ready to sanitise your home, use the following list of 10 household chores that actually burn calories and help keep your home sanitary all year round.

1. Iron Your Clothes

Select a day in a week to iron all the clothes while standing you want to wear for the week. If you iron clothes for at least 3 hours, it will easily burn 420 calories in a day. It is equal to 1 hour power Zumba.

**2. Remove Dirt And Grime From The Bathroom**

This room has many dirty spots. Thus, by sanitising dirty surfaces and fixtures and then disinfect them, you can get a good workout out of shower cleaning, scrubbing the toilet etc. It can help tone your arms and leg muscles along with strengthening your core.

3. Get Rid Of Clutter & Organise Your Home

Walking around has multiple health benefits, as you can exhaust 150-170 calories in an hour. Thus, while decluttering, you burn 4-6 calories in a minute. To make this activity more challenging, turn walking into lunges and go up and down the stairs multiple times. Also, manage light weight-lifting by carrying the laundry basket, small furniture, and other household items.

4. Clean Windows

Since window cleaning requires scrubbing, stretching and quick movements, you can burn about 5-6 calories per minute while washing windows. Thus, if it takes 5 minutes to wash one window, you can burn 25-30 calories each time. If the windows are heavily soiled, you can burn 318-378 calories or more in an hour while deep cleaning windows tracks and other parts of the fixture. Ensure to move top to bottom when cleaning, a professional technique of end of lease cleaners in Adelaide to prevent recontamination of cleaned spots. Use a step ladder to reach high windows and go up and down the steps a few times to get maximum exercise.
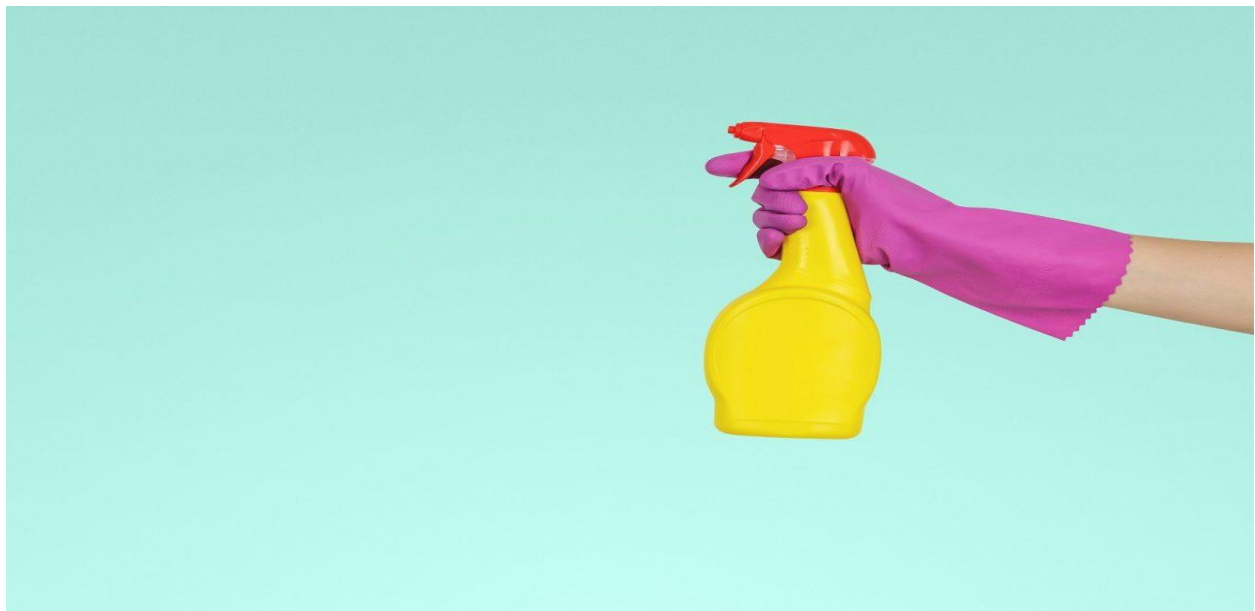
5. Wipe Walls Top To Bottom

Walls don't need routine cleaning, but if you want to prolong the shine and finish of paint on your walls, then wipe them with a dry microfiber mop regularly. Move top to bottom while cleaning walls and squat to get the best work-out from this activity.

6. Sweep Then Mop Floors

You use your legs, biceps, triceps, and shoulders to sweep and mop floors, making these tasks excellent for intense exercising. What's more, you use balance and core strength to sweep and mop, which helps reduce fat in your body and makes you more agile. Both these activities require walking around the house, which helps exhaust 24-30 calories in half an hour.

7. Dust Lights, Fans And Other Fixtures

Dusting requires stretching, bending and lifting, helping you burn around 160 calories in an hour. You can burn around 40-50 calories even if you dust for 10 minutes every day. Thus, make sure dusting is one of your regular house cleaning checklist tasks. It also helps remove germs lurking in common household areas.

- Burn more calories while dusting by squatting rather than bending down
- Get on your hands and knees to wipe baseboards, storage units and other lower areas
- Stretch reachable areas to wipe them and alternate your hands to give both arms a workout

8. Wash Your Clothes

Doing laundry every week can help you get rid of 180 calories in an hour as you need to carry the clothes, fold them and ensure they are in the right place. People with semi-automatic washing machines will get a better workout doing laundry. It requires you to rinse & dry the clothes separately.

9. Vacuum Upholstery & Beddings

These items gather moisture, dust, dirt, and grime, making them hot spots for germs that cause infectious diseases. Therefore, you must vacuum the upholstery and beddings. Move the equipment in a 'w' pattern like the professional end of lease cleaners in Adelaide to get the maximum benefit.

10. Vacuum Carpets

You will burn approximately 80 calories while vacuuming carpets for an hour. Therefore, this activity will improve your well-being by removing germs and making you physically active. Since most household vacuum cleaners are lightweight, carry the equipment room to room. Also, take it up and down the stairs to make your workout more strenuous.

Keeping your home neat and tidy is beneficial for maintaining household hygiene. However, if you do the 10 household chores mentioned above, you can easily burn calories and maintain your physical and mental well-being. Thus, make sure to treat cleaning chores as exercises to have a healthy home and a healthy self.

✓ **Gain Control of Your Environment**

When people feel like their life is out of control or they are struggling with some uncertainties, cleaning can be a way to assert some control in their life. Cleaning gives people a sense of mastery and control over their environment.

In fact, a study by the University of Connecticut found that in times of high stress, people default to repetitive behaviors like cleaning because it gives them a sense of control during a chaotic time.

What's more, clutter and disorganization can be really distracting and make it hard to focus or complete other projects and you can start to feel stuck in a rut. So, if you're feeling an urge to clean and declutter when you're stressed, your mind and body is probably looking for a way to bring some order to your environment.

✓ **Improve Your Mood**

Aside from the benefits of having a cleaner home, the relationship between a clean house and mental health can help you reduce your anxiety.

For instance, a study published in the journal, Mindfulness, found that people who were mindful when washing dishes—in other words they took the time to smell the soap and to take in the experience—reported a 27% reduction in nervousness, along with a 25% improvement in "mental inspiration."

What's more, studies have found that having clean sheets and making your bed are associated with a better night's rest. And, when you get more rest, that provides a whole host of mental health benefits including an improved mood.

Additionally, the Anxiety and Depression Association of America indicates that the physical activity of cleaning coupled with the end result of a cleaner home helps reduce stress, feelings of anxiety, and depressive symptoms.8 Cleaning can also reduce fatigue and improve concentration.

✓ Increase Your Focus

When your home is cluttered, messy, or exceptionally dirty, the chaos that the mess creates can impact your ability to focus. The clutter also limits your brain's ability to process information. In fact, researchers have discovered that people are less irritable, less distracted, more productive, and better able to process information with an uncluttered and organized work area.2

If you're having trouble focusing on a project, you may want to try decluttering your workspace first. You might find that devoting just a few minutes to organizing your things and clearing away any mess may make it easier for your to concentrate and get your work completed.

Limiting the number of possessions you own can have the same impact because it reduces the number of things vying for your brain's attention.

✚ How to Incorporate Cleaning Into Your Life

Whether you are struggling with depression, have a new baby, or just have a chaotic life, the concept of cleaning and decluttering can seem like an overwhelming task that is simply outside of your reach right now. In fact, many people wrestle with whether or not cleaning should be a priority.

But, knowing that having a cleaner environment will help improve your mood and make your life more peaceful, it might be worth pursuing. Here are some ideas on how to incorporate cleaning into your life.

✓ Start Small

Most people put off cleaning because the task seems way too big to tackle. But instead of expecting to get the entire house into order in one weekend, start small and do just a little bit each day. In other words, commit to doing one

thing around your house or apartment each day and before you know it, your environment will be much cleaner and less stressful in no time.

For instance, pick one thing you want to do each day and then follow through. One day you might go through all of your mail. The next day you might clean the toilet and wash the bathroom sink. The next day you might clean off the kitchen counter, and the next day you might pick up all the clothes scattered around the house and put them in a laundry basket.

The key is that you don't make your to-do list bigger than what you can mentally handle or you will just increase your stress rather than reduce it.

✓ **Set a Timer**

Another option for getting a cleaning routine started is to set a timer and see how much cleaning you can get done in that time period. Or, you can use the time blocking method for scheduling to manage your cleaning.

For example, set aside 15, 20, or even 30 minutes to clean, set a timer, and then start in the primary living area of your home. Start by picking up things that are lying on the floor or on the coffee table and put them away. When the timer goes off, you are done for the day.

If you would prefer, you could start in a bedroom, instead of the living area. This way, your cleaning will help you create a more peaceful environment that will help you sleep better that night.

Even though setting a time for a few minutes may not seem like much time, you can accomplish a lot more than you might imagine. Plus, you aren't overwhelming yourself by thinking that you have to devote three hours of your Saturday to cleaning. You get what you can done and then you move on to something else.

✓ **Involve Others**

Sometimes you are at a point in your life where cleaning is just not something you can handle on your own. Maybe you're recovering from a major illness, running your own business, raising a house full of kids, or trying to work and go to school—whatever your situation, if you know you cannot possibly accomplish everything that needs to be done without help, then you should consider involving others.

✓ **Ask Friends and Family For Help**

Although asking for help may be hard, most people are willing to help you if you ask. So, talk to your partner, enlist your kids, or ask a friend or family member if they will help you get organized. Plus, it's a lot easier to tackle big projects when you have the help of others.

✓ **Get Outside Help**

And, if you have room in your budget, you also could consider hiring someone to clean your house once or twice a month. To keep costs down, consider having them do the hard tasks like cleaning the bathrooms only and then clean the other areas of your home on your own.

You also could consider getting a robot vacuum so that you don't have to worry about the floors. Look for ways to simplify the cleaning that needs to be done and it will become more manageable over time.

🞥 **When Cleaning Becomes a Compulsion**

Although there is nothing wrong with being a neat freak and looking to cleaning as a way to calm your nerves and destress, it does become an issue when your cleanliness and need for order in your home starts to become a compulsion.

For instance, if you won't go out with your friends or you cancel plans because you haven't finished all your cleaning tasks for the day or week, then that could be a red flag that your desire for a clean home has become a compulsion.

Likewise, cleaning can become an issue if it's impacting your physical health, feels a little obsessive, or is interfering with your schedule like making you late for work or school.

If you are unsure whether or not your cleaning habits are constructive or bordering on a compulsion, you may want to talk to your doctor or a mental health professional for advice. A therapist can help you determine which behaviors are healthy and which might need to be altered. They can also provide other coping mechanisms for depression, anxiety, or stress.

- **Mental Health Benefits of Cleaning**

While a messy space can put you in a mental bind, this also means that tidying up your home can help you feel better. The following are a handful of ways cleaning can benefit your mental health, according to experts.

- ✓ **Sense of order and control.** A 2017 study on young adults found that clutter was linked to procrastination, feeling overwhelmed and lower quality of life. Our outer environments can act as a container for our emotional and psychic states, Dr. Roeske explains. "When there is order and structure to our outer environment, it can help us feel more able to manage some of the internal feeling states and worlds," she adds.
- ✓ **Familiarity and consistency.** Human beings prefer similar routines that offer us stability, even amid otherwise chaotic circumstances, Dr. Roeske notes. Keeping your household items in order can provide that familiarity. However, she adds that "order" doesn't necessarily mean everything is lined up perfectly and color coordinated, and that another person's sense of order may differ from yours.
- ✓ **Released endorphins.** The physical act of cleaning can also release endorphins, which Dr. Roeske states,"is hugely beneficial as a pain reliever, stress reliever and overall enhancement of our well-being."
- ✓ **Improved focus.** Having too many items in our field of vision distracts the brain's processing capacity, according to a 2011 Princeton

Neuroscience Institute study. Clearing away clutter allows the brain to focus on items and tasks one at a time.

- ✓ **Regulated emotions.** The act of cleaning also requires us to slow down, which can offer a calming effect during overwhelming situations and help us explore and manage our emotions. "Deep cleaning can be a great constructive physical outlet for frustration," says Dr. Loo.

Dr. Loo notes that while cleaning can help support better mental health, mustering up extra energy to tidy can be difficult for folks with anxiety, depression or burnout. In this case, it may help to see a mental health professional as well to learn other evidence-based coping strategies.

Final Thoughts

By incorporating these 10 daily habits into your life, you're making a commitment to prioritize your health and happiness. Remember that building new habits takes time, so be patient with yourself. Small changes can lead to significant improvements in your overall well-being, helping you lead a more fulfilling and satisfying life. Start today, and embrace the journey toward a healthier and happier you.

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