

## 3 Free Strategies to Feel Better Now

VICTOR GARCIA on Unsplash



**O**KAY. We've already told you, but here we go again. The ***"Three Free Strategies to Feel Better Now and Always"*** will deliver (scientifically proven):

- Better mood
- Better relationships
- Better job satisfaction
- Better quality of life
- Better peace of mind
- Better appearance
- Better Immune System response
- Dozens of other "Bettors"

**So, what are these Three Free Strategies?**  
(I hope you guessed it.)

Sleep  
Positive Attitude  
Moving Frequently

### Why Are We Focusing So Much on Sleep?

- Sleep is not optional. It's not a luxury. It's a necessity.
- Lack of (adequate and proper) sleep has catastrophic effects on our immune system, health, wellbeing, relationships, family, demeanor, appearance and mood.
- Sleep is, in essence, a powerful medicine — ***the most powerful medicine of life.***
- Since lack of sleep is recent, our evolutionary systems have not devised a method of coping and likely will not for many generations.
- (Remember: Even if you are getting "enough" sleep, using these strategies will help you get "better" sleep. The quality of your sleep is of utmost importance.)

### Sleep, Moving, and Attitude All Work Together With a "Multiplier Effect"

1. Your **sleep habits will improve as your movement habits improve.** During the day, try to be a bit more active. Go for a walk at lunch. Get up and move around your office. Take the stairs. **Frequency is key.**

2. Your **attitude will improve as your sleep and movement habits improve.** A positive outlook will be easier after moving more frequently and sleeping more soundly. **Win-win-win.**
3. A **positive outlook will make it easier to move more frequently** and to embrace the sleep program more completely. Again, Win-Win-Win. **And it's all FREE.**

### Let the Multiplier Effect of Sleep, Moving, and Attitude work for you!

#### NOTE

Next, we'll address **Better Eating**. You'll find that another major key to happiness and avoiding stress may just be on the end of your fork.



#### JOY'S PEARL

"Your body and mind will thank you if you turn out the lights and get out of bed at the same times each day. You will feel better and look better, too!"

### Have You Been Doing Your Best to Develop Good Sleep Habits?

If you're struggling, here's a great TED Talk from [Matt Walker - Sleep is Your Superpower.](#)

Matt Walker, PHD, a neuroscience and psychology professor at UC Berkeley, is the leading scientific expert on sleep. It will convince you we are on the right path.

#### Today's #1 Task •••••

View Matt Walker's TED Talk (click on link above). (19 minutes and worth every one of them.)

#### Today's #2 Task •••••

- Move more. Frequency is the key. You can create the opportunities to move.
- Rely on the WOOP method to change your habits.
- Feel gratitude by making a list, and then **GIVE** gratitude by telling someone else you appreciate them.
- Prioritize sleep as always.