5 Ways to Add Meaning to Your Day

1. Think it out
   Start your day with the right thoughts.
   We have so many thoughts the moment we wake up, that choosing the right one seems difficult. Choose to start your day with thoughts that open you up rather than stress you out. Start your day with silence and selfcare.

2. Write it out
   Commit one simple thing at a time and journal it down. Whether it is having a hot cup of coffee or going for a walk, make it tangible.

3. Say it out
   We let ourselves get away with talking positive.  Statements like 'I can't handle this' or 'this is impossible'come naturally to us. Positive self-talk will brighten the day by brining positive energy into your life.

4. Dork it out
   Have a sense of humour, it greatly reduces stress. Sing out loud, be free and learn to laugh at yourself.

5. Sweat it out
   Physical activity makes you feel better and boosts your energy. Brisk walk, running, yoga, dance, aerobic workout, swimming, sports; choose your style. When your lung and heart health improves, you have more energy for your daily tasks.

   - Prof. Avanti Sathe
     Scoop Club Member