

24-hour schedule for a full, stress-free life

This is a 24-hour process for a healthy, stress-free life researched and created by a health professional.

A healthy life and good health is the desire of everyone. However, to get that is not easy. You have set yourself a perfect plan and regulation to take better care of yourself, but in reality, very few people can seriously implement their healthy living plan.

So to get good health and a fulfilling life, what will you need to do in a day? Here will be a simple but perfectly perfect schedule of a health professional created, try applying it.

6 am: Wake up



6 am to wake up to welcome an energetic new day. On sunny days you can let your body catch the sun, which can help strengthen your health to make you feel better.

6:15: Feel grateful for this life

Please choose 1, 2 things whether big or small to show your gratitude. You will be surprised to find that these small things can help you cancel most of your worries at the start of a new day.

6:30: Mobilize the body at all



This will be an appropriate time for you to exercise, a gentle exercise such as yoga or aerobic exercises to start your body, blood circulation to greet the new day will be great. After exercising, enjoy breakfast with Greek yogurt or boiled eggs.

8 hours: Time for you to move



This is the time you will move to the company. If you travel by public transport, take advantage of this time to read new books and news during the day.

If you move by your own means, relax, relax yourself instead of being annoyed by traffic jams, because you are upset that it doesn't change anything.

9 hours: Focus on work



This is a good time for you to make a list of things to do today. Get out of emails, social networks, even phones so you won't be bothered and concentrate on your work.

12 hours: Load energy

This is an appropriate time for you to take a lunch break and recharge your body. If you have plenty of time, exercise quickly about 5 minutes or interact with colleagues to reduce stress at work. If you have lunch right in the office, make sure that lunch is healthy to ensure your health.

3 pm: Overcome sleepiness

1. How to fight drowsiness and stay alert when working?



After lunch break, the afternoon will be the time to face the sleepiness coming. Now, instead of finding energy-rich snacks or drinks, you should take the time to rest and take a little walk outside the office. If you feel too hungry, you can choose some healthy foods like fruit or protein rich biscuits to help get rid of sleepiness.

6 pm: Tan

Now that your working day has ended, temporarily put aside all work at work. Spend the evening time with yourself to enjoy and relax. If you don't practice high-intensity lessons in the afternoon, go for a walk around the neighborhood or do anything good for your spirit and unrelated work.

7 pm: Have dinner



This is the right time for you to have dinner, not too late. It is best to have dinner for 3 hours in advance so that the amount of time you digest helps you sleep better. In the evening, limit eating high-fat, protein foods. If you want a deep sleep you can choose some dishes made from salmon, whole grains, yogurt or bananas for dinner. You may feel sleepy after a hearty meal with pizza, but the "food-induced coma" situation cannot replace a real sleep.

9 pm: Relax

1. 10 tips to relax your mind and improve your intelligence can be done



9 pm is when the body needs to relax and rest, you can choose meditation, take a warm bath and drink a cup of tea to help you sleep well. In the evening instead of using mobile devices to play games or surfing Facebook,

you can choose a book to read it to help you get ready for a quiet sleep.

10 pm: Going to sleep

Even if you relax as much as you can before going to bed, the stresses during the day can still affect sleep at night. You can arrange airy bedrooms, minimize light types, most comfortable beds and just think about sleep. If possible, you should enjoy a gentle and melodious music to make it easier to fall asleep.

See more:

1. To stay healthy by eating, you must adhere to the formula "4 less, 4 more"
2. To ensure health you need to do well 3 things later
3. 7 indicators for you to check your health better than BMI

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