10 HEALTH HACKS TO WELCOME THE NEW YEAR

Hello 2020! The New Year is the perfect time to develop new habits for healthy living. From laughing yoga to brushing your skin, put your mind and body first with these 10 unique ways to improve your self-care routine.

Sources:

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1. EMBRACE THE EIGHT TREASURES

This Chinese stew is modeled after the "Eight Treasures," a tradition that brings fulfillment and wellness to all who uphold it. The stew is full of iron, herbs, and tonics that will fill you up and keep you warm.

2. DOWNLOAD HEADSPACE

Headspace is an app scientifically proven to help you meditate anywhere, anytime. Practicing mindfulness and meditation will help you stay focused on the present moment and can even decrease stress! This app will help you keep calm when the little things get to you.
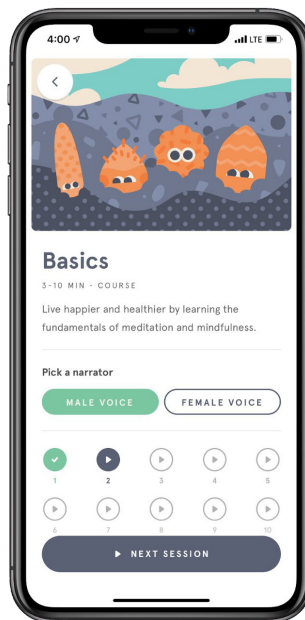
3. BRUSH YOUR SKIN

Suffering from itchy, dry skin? Brush your skin with a bristle brush! The skin is the largest organ in the body, and by brushing it, you can increase circulation, remove toxins, and unclog your pores.

4. LAUGHTER YOGA

Yoga is one of the best practices for your physical and mental health−but double down on the benefits this winter! Try out Hasya, or laughter yoga, a practice that helps boost the immune system and lowers blood pressure, all while engaging your core! Fake laughter leads to real laughter, which is fabulous for the heart and soul.

DID YOU KNOW?

17 Eating Toshikoshi Soba noodles is a Japanese New Year's tradition which started in the 17th century. The tradition symbolizes a life of longevity for the noodle's length.