HEALTHY HABITS FOR MINDFULNESS

1. Switch to a healthy lifestyle
   - Sleep well
   - Eat healthy
   - Exercise
   - Socialize with loved ones
   - Balance between work and social life
   - Keep positive relationship

2. Schedule your time
   - Take break in working hours
   - Self-care Practices
   - Meditate

3. Respect your limits
   - Do not ignore your difficult feelings
   - Motivate yourself
   - Ask for support from loved ones
   - Seek help from a professional