

Tips for Making Life Easier



1. Structure: Without some structure, we lose track of the world around us. Make a plan for each day. Plan for “free time” or “self-time” in the schedule.
2. Positive Thoughts: Try to take the word DON’T, CAN’T and NEED out of your vocabulary. Look at all you HAVE done during the day. Make your positive thoughts outweigh your negative ones.
3. Break Things Down: It is easy to get overwhelmed so break down tasks and projects into smaller parts. Break down the time spent on the task as well. Doing things in 15 minute increments works well for many people.
4. Good Nutrition: Eat more fruits and vegetables and drink plenty of water. Try to get some protein for breakfast.
5. Exercise: Get some type of exercise every day.
6. Turn Off: Turn off the TV, video games, computer, phone, I pad for certain times each day.
7. Learn About Yourself: Become an expert on you. How to you study best? How do you react under pressure? How do you ask for help?
8. Know When To Ask For Help And Support: Don’t be embarrassed to ask. Getting help with the little things can prevent them from turning into big things.
9. Write Things Down: Making lists and using your planner are extremely helpful.
10. Be Consistent: Even the best advice won’t work unless you do it on a regular basis. Once you stop doing something, it is hard to start it up again. Things are easier when they are done regularly.