

# Bear Wellness

*Lead from the heart not from the head*

## *5 Ways to Limit Screen Time*

*1. Make a family media plan*

*2. Help your children choose good content*

*3. Schedule "screen-free" times*

*4. Turn screens off at least one hour before bed*

*5. Make screens off-limits during mealtime*

## Living a productive Lifestyle

•**Do less.** This is both a happiness and productivity tip. Doing less will make you happier, because your life won't be so hectic and filled with stress. You will have time for things that give you pleasure, for the loved ones in your life, for life itself. It's also a productivity tip: if you focus on the essential tasks, the big ones, the ones that will give you the most return for your time, and eliminate the rest, you will actually be more productive.

•**Practice patience.** If you easily lose your temper, you can become more patient with these tips. Ask yourself how does certain negative situations help your health, count to 10, take a break and remove yourself from the situation, take deep breathes.

•**Eat healthy.** We don't recommend dieting. It's too restrictive and you usually fall off it at some point. We do recommend changes to your diet, however — ones you make gradually, and that can be sustained for a healthy lifestyle.

•**Think positive.** Another one of the most important tips on this list, thinking positive — as cliché as it might sound — it's one of the single best changes you can make in your life that will lead to so many more positive tips. Learning to think positive was makes everything else on this list possible.

