

# Start Your Summer Off Right!

## 6 Habits to Help Form a Healthier You

### Stop Skipping Breakfast!

Often referred to as the most important meal of the day, eating breakfast can have a noticeable impact on your performance throughout your day. Because breakfast helps to restore and boost glucose, eating in the morning can contribute to better memory and concentration levels, as well as improve your mood and lower your stress levels.

### Make a Good First Impression

First impressions can be nearly impossible to reverse or undo, and they often set the tone for the relationship that follows. After only 5 seconds, many people have already created an impression of you because of the way you dress and your body language. How can this disadvantage be overcome? Be aware that the "impression time window" is short. Use a sincere smile, give direct eye contact, be a patient listener, and watch the handshakes!

### Don't Break the Chain

The concept called "don't break the chain" is a motivational construct that can help you reach a goal that can easily fall prey to procrastination. The idea is, you should spend time working on your goal at least once a day. Once the task is complete you mark an "X" through that day on the calendar. The more X's we see on the calendar, the more motivated we feel. Whether it's spending three minutes or a full day working on your goal, don't break the chain.

### Working from Home: Get Dressed First

It's important to establish healthy work habits when working from home. Keep a routine that starts with getting dressed and doing most of what you would normally do if you were heading out the door to work. Getting dressed and presenting your best self, even if alone, can help you feel engaged and energized and increase your productivity.

### Make Your Workspace Healthier with Plants

Working in the office can be tough, especially when it's beautiful outside and you'd rather be enjoying the outdoors. When you can't be outside, bring some of the outdoors in. Plants can help freshen up your work area, improve air quality, reduce stress, and can have positive psychological benefits as well.

### Could You Be Depressed and Not Know It?

Depression can take hold gradually, without a person realizing that depressive thoughts and feelings are increasingly dominating their life. But no matter how hopeless you feel, you can get better. *If you think you need help, visit our website [ribar.com](http://ribar.com) to learn how RI Bar Association members can receive confidential assistance through the Lawyers Helping Lawyers Committee and Coastline EAP.*