

7 Things To  
STOP Doing  
TO REBOOT  
Your Body and Life



GET HEALTHY 

*It's normal to want to set goals for the new year—things you're going to resolve to do to make you healthier, happier and more productive. But sometimes becoming your best self is less about the things you need to start doing and more about the things you need to stop doing. It's the excuses you need to ditch, the mental baggage you need to let go of in order to find peace and the defeatist attitude that holds you back. Consider these seven things you can cross off your list today: they aren't productive, they aren't serving you and they aren't making you healthier.*

## Stop Ignoring Your Own Needs

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It's easy to get so caught up in day-to-day tasks and to-do lists that we forget to take a moment to pause, breathe and check in with ourselves. Without doing so, we can let unconscious emotions build up that need to be processed; resentment, anger and stress can all easily percolate beneath the surface throughout the day if we don't give ourselves a chance to unwind, [de-stress](#) and listen to that still, small voice within us. Each of us has an inner voice of higher knowledge we must listen to—it is our wisest self and it intrinsically knows when we need to take a break, lie down, journal or sit quietly in meditation. Stop ignoring what your mind and body need each day to be calm and content.

# Stop Spreading Yourself So Thin

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Do you sometimes feel like “no” is a dirty word? When someone asks you for your time, do you overbook yourself in fear of letting them down? While showing up and being there for the people in your life is important, you need to protect your time so you don’t spread yourself too thin and become overworked and overstressed. Stress and fatigue prevent your mind and body from working as they should and can cause long-term illnesses and health problems.

# Stop Skimping On Sleep

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So often when we’re busy or stressed, the first thing to go is our sleep. But most people really need 7-8 hours of sleep a night for their health, and when you skimp on sleep, it affects everything from your mood to your waistline. For example, when you’re running on little sleep, it decreases leptin levels, which means you don’t feel as satisfied after you eat. Plus, a lack of sleep causes ghrelin levels to rise, which stimulates your appetite and causes you to be hungrier. With eight hours of sleep you’ll be more clear headed and more likely to make great decisions—to do or not to do—for your health. So stop cutting corners on one of the most important things you can do for your health—sleep!

# Stop Shaming Yourself

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Shame is a paralyzing emotion; it only serves to drag us down further and prevent us from taking positive action to change. If you've "fallen off the wagon," overindulged or not taken care of yourself like you should—stop beating yourself up for it. Forgive yourself for your past choices instead of thinking they have to define who you are permanently. We're all human—sometimes we don't get everything done that needs to get done; some days we don't eat as healthily as we should. Stop shaming yourself and start trying to better understand why you're making the choices you are. Get curious, not judgmental, and then forgive yourself. Forgiveness clears the way so you can begin again.

# Stop Apologizing For Things You Don't Need To

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Whether it's speaking up about your feelings, asking for what you want or simply not being perfect: [stop apologizing for things that make you human](#). If you hurt someone's feelings or make a mistake (as we all are bound to do) then apologies are merited—in fact, there are plenty of instances where apologies help to heal wounds, make connections and start fresh. But if you're constantly someone who says "I'm sorry" for sharing an opinion, not having endless time or not doing everything perfectly, it's time to rethink why you're overusing it. You are worthy of love, compassion, and grace, and you were born to be real—not to be

perfect. Stop using “sorry” as a reflex and choose to use it only when it’s meaningfully warranted.

## Stop Treating Your Health as a Last Priority

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If a loved one had a doctor’s appointment they needed a ride to, you would drive them, right? What if you started viewing your own health just as importantly and started treating your time to exercise, diet and de-stress as valuable appointments to keep with yourself? Appointments that actually help you avoid going to the doctor! It’s easy to make excuses about not working out or eating healthy, but when you start considering them serious priorities, everything else falls into place.

## Stop Mindless Eating

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In our busy lives, it’s easy to go through the motions or try to do too many things at once. But *how* you eat can impact your health similarly to *what* you eat. Instead of losing yourself in the fridge for comfort, ask yourself what’s going on with your emotions instead. Are you stressed? Tired? Deal with those emotions first before diving into the fridge. Decide to eat healthfully first and once your appetite is satiated; you might not even be craving those sweets. Slow down and take each bite purposefully. [Eat with gratitude and awareness.](#) Incorporate mindfulness into everything you do; it can help you enjoy every experience more, not just your meals.

**The truth is, every day is an opportunity to start fresh. Getting rid of these unhelpful behaviors and thought processes clears space for better health and unlimited happiness. What will you stop doing today for your health?**