Wake up around the same time every day.

Brush teeth in the morning and evening.

Wash face in the morning and evening.

Take medications.

Shower regularly.

Be good to loved ones and pets.

Move your body regularly.

Eat a vegetable every day.

Drink lots of water.

Talk to a friend on the phone.

Cross one item off your to-do list.

Say aloud one thing you are grateful for.