



Smell.

Studies show that just a few minutes outdoors every day can improve your sense of well-being. It is a time to truly “stop and smell the roses” (and other scents).

Take a neighborhood stroll, visit a florist shop or outdoor market and breathe in.

1. Lavender and sandalwood are associated with soothing and relaxation and will aid sleep.
2. Lemongrass, sage, jasmine and peppermint are associated with invigoration and will help give you an energetic mood lift.

--Thank you to Wesleyan University research for this tip