



7 Goals for a Designer Lifestyle

1. **Nutrition.** Nourishing food strengthens not only the body but the brain. Plant foods are rich in compounds and nutrients that lower stress and improve mental function and mood. Enjoy plenty of fresh fruits and vegetables, whole grains, beans, legumes, nuts, and seeds. Avoid junk food, saturated animal fat and trans-fats, caffeine, and large amounts of refined sugar. When you eat better, you will feel better and have the energy to make better choices.

2. **Exercise.** Exercise improves head as well as heart health: it is critical to mental as well as physical health. It has been said that motion balances emotion. Exercise lowers stress, depression, and anxiety; it improves mood, well-being, and mental processing; it also increases learning power. It helps you improve physical health, reduce disease risk, and achieve a healthy weight. Get into the mind-set of daily exercise and you will experience head as well as heart benefits!

3. **Rest.** Our bodies are designed for rest as well as action. It is important to plan times of recreation and relaxation to minimize the depression that is linked to constant mental and physical strain. Also, regular early-to-bed sleep patterns rejuvenate the brain; help control stress hormone and blood sugar levels; reduce irritability, fatigue, and stress; and increase energy! New habits and routines are solidified during sleep, so help yourself to a happier, healthier brain by getting adequate, refreshing rest.

4. **Work.** Real work satisfaction does not come from a better job, but doing a job better. When you approach your job with that philosophy, a better job may come. But you will have work satisfaction along the way. The point is, no job is unimportant or insignificant. If it is the job you have been given to do, it is the most important job in the world. It can become an achievement instead of an activity. Attitude is everything. Work routines are important. Work is not a necessary evil—it is necessary to avoid evil.

5. Relationships. Cultivating healthy relationships is a lot like cultivating a garden. The more focused attention and care a garden gets, the more fruit it produces. In the same way, taking time to cultivate and maintain positive friendships and social relationships bears the fruit of joy, empathy, and unselfishness. Taking time for healthy relationships creates opportunities for giving as well as receiving. Other benefits include improved immune function, improved social skills, lower stress, improved mood, and longer life. Taking time for relationships is never a waste of time.

6. Mental fitness. Physical fitness requires determination, perseverance, and practice. Mental fitness does too. You can give your brain a workout by engaging in challenging mental activities such as reading a challenging book, working a crossword puzzle, playing a musical instrument, or learning a new skill. Such activities increase the brain's neuronal neighborhoods, creating new connections and increasing mental agility. This improves the speed and accuracy with which the brain can solve problems and meet challenges. Challenge your brain and change your world.

7. Spiritual health. Spiritual health is at the center of a healthy lifestyle. It is making peace with God and allowing His plan, purpose, and power to guide your life. The Bible teaches that the saving grace of Christ imparts spiritual health, peace, and forgiveness to all who come to Him by faith. Through Bible study, prayer, and practicing the principles of life taught by the Word of God, we may achieve steady growth and improvement in our lives, experience forgiveness when we fall short of our goals, and possess courage and cheerfulness to press forward in life's journey.