



Healthy diet, maintain ideal body weight, don't smoke, regular exercise, stress reduction, restorative sleep, avoid environmental toxins, adequate hydration, limited alcohol, avoid recreational drugs, avoid addiction, socialization, have a strong sense of community, loving relationships, spend time with friends and family, make time for fun and pleasure, remain sexually active if that works in your life, maintain good hygiene- including dental hygiene, connect with nature, get some direct sunlight, have a sense of purpose in life, live mindfully, have some sort of mind-body practice- such as meditation, avoid trauma by practicing some simple habits such as wearing a seatbelt, avoid gun violence, and consider a regular sauna.