

WOMEN ENTREPRENEURS

10 Women Wellness Entrepreneurs Share Small Lifestyle Tweaks That Can Make Big Changes To How You Feel

"Speak sweetly and positively to yourself like you would your child or parent," shares one health and wellness founder.

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Who doesn't like to feel healthier and more energetic? We all know in the back of our minds that we will feel better if we exercise more and watch what we eat — but sometimes huge commitments feel too difficult and don't stick.

Authority Magazine recently ran [a series](#) interviewing more than 200 "Women In Wellness." In the series, the interviewees were asked to share their best "lifestyle tweaks" or small lifestyle changes that can make us feel much better, without requiring huge changes to our current lifestyle.

In the story below are ten enriching highlights from the interviews.

These interviews have been edited for length and clarity.

Sue Glasscock (Co-Founder of The Ranch)



1. Spend time in nature each and every day. It's easy to get caught up in the latest "trendy" solutions whether it's an app, diet, pill or laser. Most of us look for the quick fix, so if that is you, look no further than nature. The incredible [abilities of nature to heal](#) and support the mind and body include:
 - *Improving performance on creative and problem-solving tasks*
 - *Lowering mental distress and incidence of death and disease*
 - *Enhancing educational performance*
 - *Decreasing blood pressure, heart rate and level of stress hormones*
 - *Increasing short-term memory and other attention skills*
2. Take 10 minutes a day to shut out all the extra "noise." We get bombarded by continual texts, emails, tweets, etc. Our minds, bodies and souls are not meant for this continued assault. It can lead to overstimulation, exhaustion and just plain irritation. It's proven that meditation, prayer or just being aware of your breath for 10 minutes each day helps alleviate these agitations. Put down your phone, shut your computer and take 10 minutes a day to calm your mind. Bonus points if you combine with tip No. 1 and spend these precious moments in nature.
3. Be your own best advocate. Don't let your mind dwell on the cookie you ate, rejoice in the yoga, veggies and the sleep from yesterday. Our minds can only process one thing at a time. Speak sweetly and positively to yourself like you would your child, friend or parents.