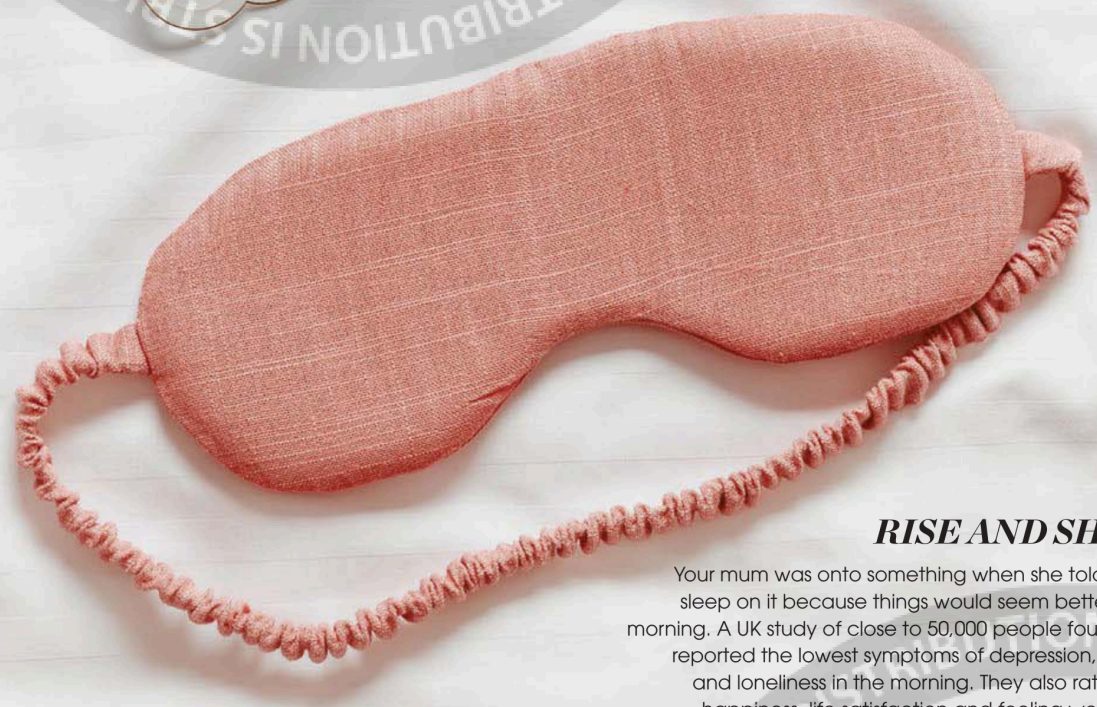
- Rest

Mind

SMART WAYS TO STAY SHARP, CALM AND POSITIVE



WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

RISE AND SHINE

Your mum was onto something when she told you to sleep on it because things would seem better in the morning. A UK study of close to 50,000 people found they reported the lowest symptoms of depression, anxiety and loneliness in the morning. They also rated their happiness, life satisfaction and feeling worthwhile highest upon waking. But, as the day progressed, their joy ratings went down and their negative feelings shot up, with participants reporting feeling their worst at midnight. Mondays, Tuesdays and Fridays were happier days than Sundays, and mental health was unsurprisingly better in summer than winter. So, if you're feeling down, maybe all you need is a good lie-down!

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