

Reboot your brain for a worry-free new year!



After a fun (and hectic!) holiday season, levels of brain chemicals that keep you off the 'worry wheel' can be depleted, leaving you stressed. Luckily, these tricks shift your brain chemistry into 'life is good' mode and keep it there all year long!

When you wake up... Savor a scramble

Eggs brim with *amino acids* that increase the production of the mood-lifting brain chemical *serotonin*. In fact, research in the *British Journal of Nutrition* found that egg protein noticeably improved the moods of women ages 45 to 65. Tip: Make it a seafood scramble. Enjoying three servings of omega-3-rich fish weekly increases serotonin levels, easing anxiety by 63%, a study in *JAMA Open Network* found.

After lunch... Grab the mail

Research shows we feel most stressed around 1:45 PM, when lingering to-do's



become more pressing. The fix: Pop outside to check the mail. Feeling a cool breeze on your face for 60 seconds doubles your brain's production of uplifting *dopamine*, according to research in the *North American Journal of Medical Sciences*.

At night...Knit

If worries make it hard to wind down, reach for your yarn or scrapbooks. Harvard scientists say handiwork curbs tension in 5 minutes. And, more importantly, things that remind you of happy memories (like your grandma knitting you a scarf or seeing an old snapshot) spur *oxytocin* production, which British scientists say makes you 33% cheerier in 1 minute.

Tip!

An hour of soothing background music daily increases mood and stamina by 55% in three days, say Canadian scientists

Before bed... S-t-r-e-t-c-h

Reaching for the sky or toward your toes while breathing deeply increases your levels of the brain chemical *GABA*, taming anxiety and boosting feelings of joy, Boston University scientists say. Tip: Light a jasmine-scented candle. The scent spurs *GABA* production in 2 minutes, say German scientists, calming sleep-sapping anxiety as effectively as Valium. —Nicole Pajner

Mom was right!

For a quick boost, stand tall. A study in *Health Psychology* found that keeping your shoulders back and your head up makes you happier and less stressed. Adds Steven Knauf, D.C., executive director of chiropractic and compliance at The Joint Chiropractic, "It activates your *postural muscles* as well as your lungs, helping your circulation and thinking."

Stay Young with WW



Look younger every passing year!

New year, new you! These easy additions to your routine reverse aging *arghs*

Deep wrinkles? Used once weekly, a rinse-off serum with exfoliating *alpha hydroxy acid* and *beta hydroxy acid* sloughs off dead skin cells and encourages new cell growth to diminish the appearance of lines. **Try:** The Ordinary AHA 30% + BHA 2% Peeling Solution (Ulta.com)

Saggy jawline? A vibrating facial stone wand boosts circulation, tightening muscles to firm a lax jawline. For 2 minutes a day, run the wand from the base of the neck up to the chin, then along the undersides of the jaw. **Try:** Vanity Planet Sonic Rose Quartz Beauty Bar (CVS.com)

Crow's-feet? Applying an eye cream with *hyaluronic acid* (it "plumps" skin) and *peptides* (they increase wrinkle-smoothing collagen production) fades crow's-feet in four weeks. **Try:** RoC Multi Correxion Hydrate + Plump Hyaluronic Acid Eye Cream (Target.com)

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