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October 19, 2017 | Starting a college can be overwhelming even for learners who have studied at college in the past. Know Getty Images from sleeping in to sipping cocktails on the top 10 vices that are truly good for you. Credit: Getty Images You can stop feeling guilty about habits. It's not good for you that you can't seem to ruin it. Turns out, many of life's biggest indulgences bring big health benefits allowing you some breaks, fighting the blues, and kicking the disease to curb. Start at the top of the list to get the most bang for your health buck and keep moving down to learn how to increase your well-being in the most degrading way possible. Ad Ad Credits: Istockphoto Time Pillow gives you energy, bolsters your immune system, improves your memory, and also helps you get (or stay) Some of your slumber cuts short, and you increase your risk for anxiety and depression. Lack of sleep is also associated with high blood pressure, glucose intolerance, and belly fat — all risk factors for heart disease, aimed for seven to eight hours of sleep at night, the study shows. If you're up and that's a little, don't sweat it: Some people have just wired that way, Dr. Goldberg said, but if you have trouble or sleep breaks or can't seem to drag yourself out of bed regularly, talk to your doctor about possible underlying causes such as anxiety or sleep apnea. Credit: Thayer Allyson Gowdy There's a reason it's called mental health day. Studies confirm that time off, whether it's getting out of Dodge or staying 24 hours, relieving stress, lowering your blood pressure and your risk for heart disease. It also promoted creativity (attention bosses!) and women in a 2005 study who took two or more vacations a year were less likely to be depressed than women who took one every two years. Can't swing over the next few days? No problem: The length of the holiday has a bearing on how happy it is for people, according to a recent study in the Journal of Applied Research on Quality of Life. What's more, the most exciting comes before the holidays. So spread around the joy of that sweet anticipation by planning short jaunts throughout the year instead of one big trip. Another element of feeling connected to another person really benefits mental health, said Alice Domar, PhD. One study that did it once or twice a week had high levels of immune antibody A, which shielded you from colds and other infections. It can bring unintended consequences from sexually transmitted infections (especially if you are not currently monogamous and do not practice safe sex) to oops! Pregnancy Credit: Corbis Our experts give plenty of thumbs-up to nibbling tiny chocolate every day—as long as you stick to a table or two of dark types, to reduce sugar and fat intake and increase benefits. Chocolate and black cocoa may help lower blood pressure, reduce the risk of stroke, and provide other cardiovascular benefits, several studies have shown. Dark chocolate contains antioxidants called flavonoids, believed to improve vascular flexibility, a study published late last year found that eating 1.4 ounces of dark chocolate a day for two weeks reduces stress hormones in highly anxious people. Credit: Getty Images A flurry of recent studies have shed light on how much impact our friends and family have on our behavior, from what we drink and eat, how much we weigh—for better and worse, but there's little question that a strong social relationship can bring a host of benefits: less colds, better brain health and a longer life to name a few, friendships are much better for you—as long as you're with someone who balances and limits your time with toxic people. Ad credits: Full-fat Istockphoto diet not only tastes better, but also provides real health as long as you get the right amount of the right kind. Aim for at least 10 percent of your daily fat intake comes from monounsaturated fats, Judge Keri Gans, RD, said. These fats reduce the risk of heart disease and stroke as a big deal, since coronary heart disease is the leading cause of death of American women. Omega-3 fatty acids also reduce heart disease risk and may help reduce symptoms of depression, rheumatoid arthritis, and other diseases. Still, no more than 30 percent of your daily calories should come from fat—even a good type. Credit: Getty Images It's completely OK if you want to pry your eyes open in a.m. A wealth of research shows that coffee doesn't just pick you up to fight heart disease and some cancers and may help you push through harder, longer workouts. Enjoy two cups a day; more than that may make you jittery or rob you of a certain amount of pleasure sleeping. Credit: Getty The picture never feels guilty. Peel off for massage In general, people who are regularly exposed are healthier, Domar, and if your budget does not include spa services, consider the time with your honey. Women in a 2008 study noticed less pain, depression, anxiety and anger when they were massaged twice a week by their partners and (bonus!) Ad credit: Istockphoto Bright The day really lifts our mood as the ultimate natural antidepressant, triggering our body to hit the production of the stimulant sleep hormone melatonin so that we're alert, energized, and ready to face the day. Still, many doctors feel that no amount of unprotected sunlight is safe (at the official position of the American Academy of Dermatology). So always wear sunscreen and, says Dr. Goldberg, take a D supplement if your levels are low; look at your papers to find out. Credit: Getty Images Buzz On wine is about heart-healthy properties, although researchers aren't sure how magic works. Its antioxidants may make blood vessels resilient, or alcohol can increase HDL (good) cholesterol. Either way, the key is to take care: one glass of 5 ounces a day, rather than that it can increase blood pressure and pack in pounds. Women who drink more also have higher rates of breast cancer, Dr. Goldberg warned. There's another martini girl? No problem: you can get similar perks from one booze or beer a day. So

go ahead, raise a glass for the joy of a healthy life! Located in Grade I, Georgia, this large boutique hostel features colorful décor and good amenities, including a bar with a pool table. Most rooms are en-suite and have more characters than you usually find in the dormitories, with the added attraction of the plague outside the door explaining the history of different rooms in the house. Yes, it's a movie tied in. But we're going to try not to give all that verdict. Movie tie-ins generally adopt any gaming style. It is a third-party athlete's action similar to the actions of more actions based on the action. There's no graveyard or attack, no matter what, it's tied up. You can tell by now that we're not looking forward to this review, but at first glance it doesn't look all bad. It's certainly well produced with fashion management developers looking for Miami for a small screen of PSP as you'd expect pants. Flared and the linen dress of the original dress is gone and you are left with Michael Mann. The aim of the game is the same as the movie - fighting the baddies of Miami and how to handle their evil drugs. They get our kids hooked, all naughty. Brace yourself, Call of Duty gamers - excuses are coming! (promotion) The controls are pretty simple and fairly executed by the standard PSP very arcade-y game in a sense too, so it's easy to pick up and play, unfortunately it's just a compliment we can gather. Second, just follow the walk, who's out there remembering Namco's tragic death for name rights? The action is slower than that. In fact, it's slower than a turtle that has managed to cripple all of its four legs. Your enemies emerge from behind the scenery at the same time, every time they present any challenge. Once you have chosen a ridiculously simple style, you will easily choose Yaphet Koto style hoodlums. The verdict agreed to make it happen in many games. We forgive that if it wasn't for a short time, you looked outside for three or four hours, plus there were too many healthy kits and pickup slugs lying around to make this such a serious challenge. Coupled with the ridiculously short length of the game, this proposal is an obscene waste of money. Now if it had flared trousers and 80s synth chords, that would be a different story. Written by Chris Pickering Choose it.

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