

DR.OZ

A New Magazine From Dr. Oz

THE GOOD LIFE

JANUARY / FEBRUARY 2015

**DROP 10
POUNDS**
YOU WON'T
GAIN BACK

**TURN OFF
STRESS
SO YOU CAN
SLEEP**

PILL-FREE!

**CHANGE
ONE THING...
SHRINK A
DRESS SIZE**

**DR. OZ'S
2015 PLAN**

+ SMOOTHIES
+ EASY MEALS
+ CHOCOLATE!

BONUS SECTION

**DOCTORS'
SECRETS FOR
GREAT SKIN**

**3 STEPS TO
LESS WORRY, MORE CASH**





SIMPLIFY YOUR LIFE

Too packed. Whether that describes your countertops, schedule, or mind, you're likely having trouble feeling healthy. How do you regain control? Pick one of our life detox plans—or three, or all—and start clearing out some of your psychic underbrush. You'll feel stronger, saner, *lighter*.

BY SANDY M. FERNÁNDEZ

ILLUSTRATIONS BY DAN BEJAR

1 of 4 ►

Right-Size Your

TO-DO LIST

*“People often do a mind dump and use **that** as a to-do list,” says Paula Rizzo, author of *Listful Thinking*. “There’s a better way.”*

Make it detailed.

The items on your list need to be specific and actionable,” says Rizzo. Instead of “Answer Lauren,” write, “Email Lauren about 10 a.m. meeting.” You don’t want to go searching emails to see what time you had discussed and get sucked into answering 20 other messages. Rewrite your work list each night and leave it on your keyboard, to avoid getting derailed by

everything coming at you in the morning.

Pick priorities.

Rizzo credits performance coach Heidi Hanna for this insight: At pressured moments, ask yourself, “What can I do that is just enough so that, even if the rest of the list is long, I can still feel I had a positive day?” Star those tasks on your list. When you finish them, give yourself permission to do something relaxing, like watch a funny video clip.

Assess and purge.

If you keep copying the same item from one week to the next, you may not be able to handle it right now. So delegate it if you can, or give yourself permission to let go of it, Rizzo says. “Sometimes you need to cut yourself some slack.”

“HOW I STOPPED BINGE-WATCHING TV”

EVERY NIGHT, THE SCENE GOES LIKE THIS: Just when I should go to bed, my husband says, “Should we watch something?” I reply, “Oooh, yes.” We beeline for the couch. And there we find ourselves for hours, gorging on our latest Netflix or Amazon or Hulu obsession. *Just one more*, we whisper as credits roll. Next thing we know, we’re dragging ourselves upstairs, bleary-eyed, at nearly midnight. How did this turn into an exhausted screen-splurge, rather than a time to connect?

It’s almost a cliché: working parents, long days, and just a few precious few hours set aside for each other. Yet instead of spending these having real conversations, or—*ahem*—getting it on, we’re sitting on the sofa, watching all that happen on *House of Cards* or *Transparent*.

“Yours is a typical case of bedtime procrastination,” says Floor Kroese, Ph.D., a researcher at the aptly named Self-Regulation Lab of Utrecht University in the Netherlands. Folks like us put off going to bed to surf the net, play video games, watch TV. For some people, the ensuing fatigue leads to memory and concentration issues; for my husband and me,

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FOR
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▼

