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Hero Images / Getty Images. Whether you compare how you look to your friends on Facebook or you compare your salary to your friend's income, comparisons aren't healthy. In fact, a 2018 study published in Personality and Individual Differences found a direct link between envy and the way you feel about yourself..

Researchers found that people who compared themselves to others, experienced envy.

101 Ways to Boost Your Mood Immediately

100 Ways To Improve Your Writing by Gary Provost, 1985 is short little book which packs a good punch. With 100 ways, ideas and suggestions to help improve any sort of writing, this book is a good little investment and gives you lots of things to think about, and things to pursue.

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100 Ways is divided into nine chapters which are further divided into 5 to 12 short topics. For example, Chapter 7, "11 Ways to Make People Like What You Write," is broken into these topics: 1. Make Yourself Likeable 2. Write About People 3. Show Your Opinion 4. Obey Your Own Rules 5. Use Anecdotes 6. Use Examples 7. Name Your Sources 8.

60 Small Ways to Improve Your Life in the Next 100 Days

Write the vocabulary and grammar from the test you didn't know in your notebook, and test yourself on it at least 3 more times

over the next week or two. You can then try the same test again to check your memory, make the language really stick in your mind, and boost your confidence. Set yourself a vocabulary goal. For example, if you learn 5 words a day for a year that will mean more than 1500 new words you can understand in English and being a whole level higher in reading comprehension.

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Here is a shortlist of things you can try to naturally boost your mood. Spend Time With Friends. Go for a walk. Play with your pet. Drink plenty of water. Eat right. Get the right amount of sleep. Listen to uplifting music. Watch a funny movie.

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Chess can sharpen your thinking skills, improve your memory, and slow your brains aging. 21. Solve optical illusions. Increase brain power by making your problem-solving abilities beyond just words or riddles. 22. Play brain games like crosswords or Sudoku. These types of games help avoid dementia by pushing your brain to think in new ways. 23.

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In fact, lowering your credit utilization ratio may be one of the fastest ways to increase your credit score by 100 points.

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48. Eat broccoli. A 2011 study published in the American Journal of Clinical Nutrition found that people who ate cruciferous vegetables, such as broccoli, cauliflower, and cabbage, tend to possess the ability to live to 100. Researchers suggest this may

be tied to the veggies' vitamin C and nutrient count.

100 Ways to Save Energy - HomeSelfe

A slightly inconvenient yet simple way to increase your refrigerator's efficiency levels is to dust its coils, which are located on the back. 60. Check if moisture is collecting or if you can feel cold air around the closed door of your refrigerator. If yes, it might be time to repair the door seals to avoid wasting energy. 66.

Exercising your cognitive skills by playing brain games is a fun and effective way to boost your memory. Crosswords, word-recall games, Tetris and even mobile apps dedicated to memory training are ...

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