

# THRIVE



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A CURRENT EVENTS  
+  
LIFESTYLE MAGAZINE

**BREAKING NEWS**

**HEALTH + WELLNESS**

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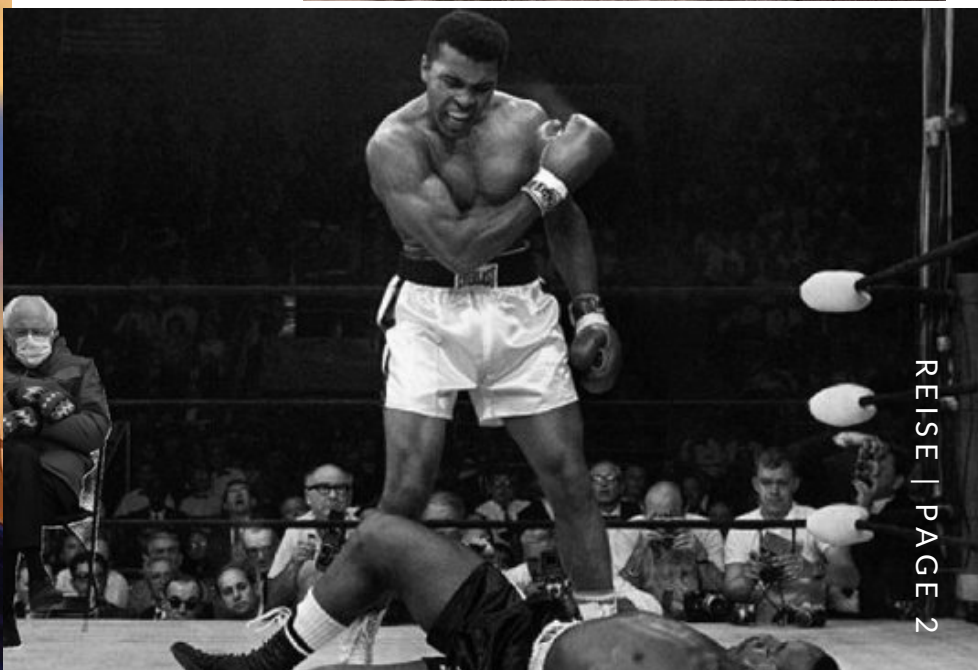


# HOW TO PULL AN ALL-NIGHTER

If you're anything like me, you wait till the last minute to get work done. This can lead to copious (and probably unhealthy) amounts of all-nighters. But how do you pull a healthy and productive one without losing your workflow?

1. Powernap- A 30 minute power nap throughout the night when you need a kick will SAVE you. A powernap gives you the chance to sleep long enough to get that brainpower but also not too long to where you feel lethargic.
2. Drink water- Drinking water is a necessity to a successful all-nighter. Water is literally energy without the crash, and drinking it throughout the night will keep you focused and alert while you crank out that work.
3. Eat snacks- Remember, food is energy! A small snack can go a long way when it comes to all-nighters. Just a granola bar can keep your body up and metabolizing for hours!
4. Move around- Exercise brings you energy. Whether this means getting up to stretch, or doing a few jumping jacks, a little bit of movement will help a ton in the long-run!
5. Caffeine- when it comes to staying up all night- caffeine will become your bestie. Be wary of not taking in too much- because that could actually make you crash. But sporadically intaking caffeine will help a lot!

# MEME LOOKBOOK- BERNIE SANDERS





# CULTURE



# MUSIC

Lil Skies came out with his album, Unbothered. It's not my favorite ever- but his style of music really isn't my thing anyway. Still worth a listen!



# FOODS THAT CLEAR SKIN

- Spinach
- Blueberries
- Tomatoes
- Turkey
- Salmon
- Nuts
- Yellow fruits + veggies
- Orange fruits+ veggies
- beans
- brown rice



# ALL ABOUT TRAVEL: PHILANTHROPY

One really cool way to travel is by doing mission trips. If you are religious, then I highly recommend talking with your local church about participating in a mission trip. People on mission trips travel to third-world countries and do various things such as building schools and working with healthcare issues. They also educate and work with others on religious topics. If you aren't religious but still want to parttake in a form of philanthropy- look into the Peace Corps! The Peace Corps are essentially mission trips without the religious aspect. People who volunteer for the Peace Corps can even choose what area they want to work with, such as: healthcare, education, recreation, food, finances, and more! With mission trips and the Peace Corps- you not only get the opportunity to immerse in other cultures- you get to make a difference as well!



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