

I'm not a doctor, so all the points I'm about to describe come from my own personal experience. Don't do anything without consulting a professional.

I'm not responsible for your health and wellbeing so proceed with caution. I'm not affiliated with anybody from the list, nor do I have benefit or gain whatsoever. I just want to help you.

1. Ergohuman chair – V2 is better if you're not a bigger person
2. Getting a massage
3. Supplements from iherb.com: something for your eye health, Lecithin, Ginkgo Biloba, ZMA, Sigma (from gorillamind.com)
4. Doing cardio with great running shoes
5. Working out with weights – see this channel: <https://www.youtube.com/c/athleanx>
6. Foam rolling and a massage gun – any brand will do, they're all just about the same thing
7. Mechanical keyboard – I use Gaming Corsair K70 RGB MK.2 Cherry MX Red but any mechanical keyboard will be MILES better than any standard one.
8. Sleep earlier, wake up earlier. I never work past 10 PM
9. Always drink 2-2.5 litres of water per day.