

# Healthy Habits



## 4 WAYS TO COPE WITH STRESS

Whether you're burnt out at work or experiencing conflict in a relationship, stress is difficult. Challenging seasons are a normal part of life, but if stress feels continuous, it's likely affecting your mental and physical well-being.

According to the [American Heart Association](#), people with high levels of chronic stress are at a greater risk for heart disease, stroke, anxiety, and depression. So, how do we keep this feeling from taking its toll on our health? The AHA recommends four ways to help reduce stress levels:

- **Get outside:** It's amazing what a little sunlight and a stroll will do. Getting out of the house and into nature can help clear your mind, boost your mood, and benefit your mental health.
- **Connect with community:** It's important to lean on family or friends and to share your feelings with someone you trust. You don't have to go through stressful seasons alone!
- **Practice good sleep habits:** If stress is keeping you up at all hours, consider turning off screens before bed, keeping a consistent bedtime, and avoiding caffeine late in the day.
- **Be more active:** Exercise is one of the best ways to reduce stress! Getting at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise (or a combination of both) can lower your risk of depression and help you feel better overall.

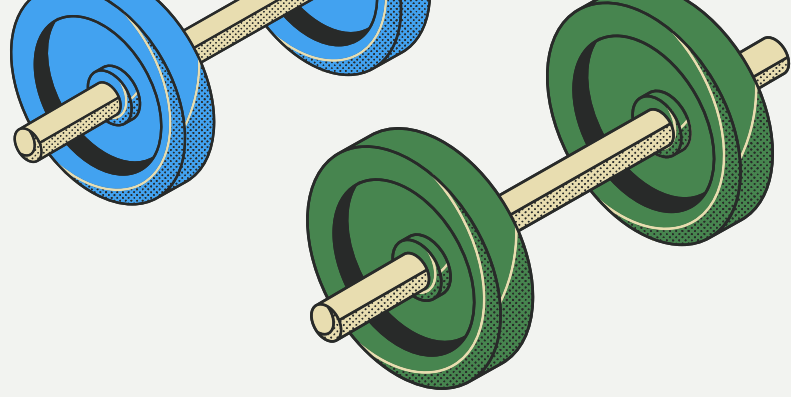


Watch this video from the National Alliance on Mental Illness to discover the symptoms of depression and when it's time to find support

If you completed a screening with Empower Health Services, explore additional health and wellness resources on [empower.health!](#)

Simply scan the QR code and click the download icon to install the app on your mobile device.





## FIND THE WORKOUT THAT WORKS FOR YOU

An active lifestyle is one of the most effective ways to reduce the risk of heart disease. In honor of American Heart Month, strive to find the exercise routine that works best for you, based on your unique interests and schedule.

If a busy schedule keeps you from your fitness goals, adjust your workouts to fit your lifestyle. For example, if you're not a morning person, it's okay to free yourself from the pressure of jogging at sunrise. If evenings are hectic, you might take a walk during lunch.

According to the [American Heart Association](#), there's no one right time of day to get moving. "What you do may be more important than when you do it. To stay motivated, choose activities you enjoy. Walking, swimming or biking solo might be a better fit for you. If you'd like to spend more time with your family, find an activity you can all do together, such as an after-dinner walk or a game of soccer."

## FEBRUARY RECIPES



SHEET PAN CHICKEN  
FAJITAS

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WHOLE-WHEAT PASTA WITH  
BROCCOLINI AND FETA

[GET RECIPE](#)



BUFFALO CAULIFLOWER  
WITH BLUE CHEESE SAUCE

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