FIGHT STRESS WITH HEALTHY HABITS



American Heart Association. life is why™ | Healthy For Good™

1. Slow down.

Plan ahead and allow enough time to get the most important things done without having to rush.

2. Snooze more.

Try to get six to eight hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. Let worry go.

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. Laugh it up.

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. Get connected.

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. Get organized.

Use "to do" lists to help you focus on your most important tasks, and take big projects one step at a time.

7. Practice giving back.

Volunteer your time or spend time helping out a friend. Helping others helps you.

8. Be active every day.

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. Give up the bad habits.

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. Lean into things you can change.

Make time to learn a new skill, work toward a goal, or to love and help others.

LEARN MORE AT HEART.ORG/BEWELL