



American Heart Association®

Healthy for Good™

TIPS TO REDUCE STRESS

1. Snooze more.

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

2. Get connected.

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

3. Be active everyday.

Exercise can relieve mental and physical tension. Try taking a five minute walk during a break. Don't be afraid to break up your physical activity into small chunks

4. Eat a healthy meal.

Getting a variety of vitamins and minerals in every meal can help boost your mood.

5. Take a moment for you.

Make time to learn a new skill, work toward a goal, or just breathe.

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