

# FIGHT STRESS

WITH **HEALTHY HABITS**



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.

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