

Stress less and feel your best



Stress is how your body and mind react to change. But constant stress can have a bad effect on your health. Instead of letting it take over, try to reframe your thoughts.

Focus on positive things, which can fuel your mind and body. In time, you'll be able to better handle life's ups and downs.

6 tips for lower stress



1. Practice gratitude

Being thankful helps you reframe your thoughts. Start a gratitude journal, and jot down what you're thankful for — like family and friends.



2. Spend time on yourself

Make space in your schedule for activities you enjoy. Try reading, painting or listening to your favorite music.



3. Get plenty of sleep

Restful sleep helps you stay healthy and focused during the day. Aim for 7-9 hours of sleep each night.



4. Be mindful

Mindfulness can help you ease stress and wind down at night. Focus only on the present moment and take deep, slow breaths.



5. Eat healthy foods

Feed your mind with fresh, natural foods. A balanced diet helps you focus and have more energy all day.



6. Make time to move

Physical activity boosts your mood and self-esteem. It's also healthy for your heart and brain, and even helps you sleep better.



DID YOU KNOW?

Laughter is a form of stress relief.

A good laugh has great short-term effects. When you laugh, it actually starts physical changes in your body. It can also improve your immune system and relieve pain.*



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*FOR LAUGHTER NOTE: Mayo Clinic. [Stress relief from laughter? It's no joke](#). September 22, 2023. Accessed March 26, 2024.

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