



American Heart Association®

Healthy for Good™

# STRESS LESS WITH HEALTHY HABITS

## 1. **Slow down.**

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

## 2. **Sleep well.**

Try to get seven to nine hours of sleep each night. To fight insomnia, get regular physical and activity during the day.

## 3. **Let worry go.**

The world won't end if a few things fall off 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 a friend. Helping others helps you.

## 8. **Be active every day.**

Exercise can relieve mental and physical tension. Find something you enjoy 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/HealthyForGood](https://heart.org/HealthyForGood).