

# Stressed Out?

Try this ↓

RIGHT NOW:

## Move!

150 MIN  
A WEEK



### Long-term

Aim for 30 minutes of exercise nearly every day. Split it up into shorter chunks if you're pressed for time.

## Why it works

Regular exercise boosts endorphins, important brain chemicals that help you fight stress and feel great.



RIGHT NOW:

## Grab a healthy snack.



### Long-term

Make good food your default and junk food the exception. Ditch the chips and soda and opt for smoothies, fresh fruits and veggies, and flavored sparkling waters instead.

## Why it works

Sugar and empty carbs can make stress symptoms worse, while a healthy diet gives you the energy you need and helps you stay sharp.



RIGHT NOW:

## Be here, now.



### Long-term

Work on being more mindful every day. Try activities that require your full attention: Yoga, meditation, exercise, drawing, cooking, playing music, and other absorbing hobbies force you to focus on the present.

## Why it works

Regretting the past or fretting over the future only stirs up stress and fixes nothing. Mindfulness helps you focus on what you CAN control.



RIGHT NOW:

Call or text a buddy. Better yet, see them in person.



### Long-term

Cultivate friendships. Talk to family. Volunteer, join a club, take a class, or attend local events where you can get to know new people.

## Why it works

Loneliness makes stress worse. Connecting with others builds a sense of belonging and helps you find solutions.



RIGHT NOW:

## Tidy up.

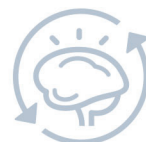


### Long-term

Make it a habit to clean your living space once a week. If that feels overwhelming, try tackling one spot. Just making your bed every morning can help.

## Why it works

Mess = stress. Clutter creates tension and adds to anxiety. A clean space helps you feel more organized in other parts of your life, too.



RIGHT NOW:

## Create calm.

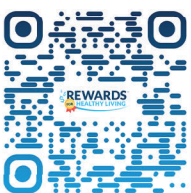


### Long-term

Start a new routine to unwind. Take a hot bath, read a book, listen to soft music, write in a journal — whatever you find soothing.

## Why it works

Personal rituals can help you feel more in control in times of stress.



Keep going! Register today for more health resources.

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Still need to sign up?  
Go to [rewardsforhealthyliving.com](https://rewardsforhealthyliving.com) and follow the instructions.

