

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.

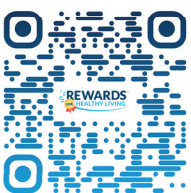


Long-term

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.

Already registered?
Log in now: rewardsforhealthyliving.com

Still need to sign up?
Go to rewardsforhealthyliving.com and follow the instructions.

