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**.

EAT SMART  MOVE MORE  BE WELL