



Simple tips for a less stressed life

Everyone gets overwhelmed sometimes. But too much stress can be hard on your health – so it's important to find ways to offset those negative effects. These healthy habits can help you stay cool under pressure, even when you're pressed for time.

Sweat more, stress less

Symptoms of stress can create a vicious cycle between your mind and body. Exercise helps to break this cycle by relieving tension and releasing feel-good brain chemicals that fight the effects of stress.

Take a break to breathe

When stress strikes, try a few minutes of deep breathing. Breathe in for a count of 5, hold for 5, and exhale for 5. Repeat 10 times or until you start feeling more calm, grounded, and focused.

Unplug to recharge

Your phone needs time to recharge, and so does your brain. Disconnecting from digital noise for a little while each day can help you stress less, sleep better, and spend time doing more rewarding activities.

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