



Be Heart Smart *

'Move More' Tip of the Day

Move your garbage can further away. This gives you a reason to get up and walk.

American Heart Association
Healthy for Good™

FIGHT STRESS WITH HEALTHY HABITS

- 1. Slow down.**
Plan ahead and allow enough time to get the most important things done without having to rush.
- 2. Snooze more.**
Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.
- 3. Let worry go.**
The world won't end if a few things fall off of 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 out a friend. Helping others helps you.
- 8. Be active every day.**
Exercise can relieve mental and physical tension. Find something you think is fun 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.

To effectively combat stress, we need to activate the body's **natural relaxation response**. You can do this by practicing relaxation techniques such as deep breathing.

Find more information at: <https://yp4h.osu.edu/justbreathe>

* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



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