



Stress-Reducing Tools to Lead a Healthy Lifestyle



We know that stress levels for many right now are higher than normal and we would like to provide some ways for you to help deal with this new stress so you may continue to live a happy, healthy life.



Stick to a Routine

Attempting to maintain a normal schedule can help you feel more in control of your life, even when the circumstances around you are chaotic.



Eat Well & Mindfully

Salty-sweet snack foods are often the only things that get many of us through stressful times. But the crisps you inhale as a deadline looms will make you feel rotten in the long-term. Taking the time to eat lunch away from your workstation will reduce stress levels and prevent unhealthy snacking.



Exercise Helps

Exercise is a powerful natural stress-reliever that will flood your body with feel-good endorphins.



Get Enough Sleep

When you are stressed, your sleep often suffers. But staying up late in order to tackle a growing to-do list is counterproductive, making stress levels higher.



Maintain Your Social Support Network

Make and keep connections with friends, family, clergy and other confidants to act as a buffer against stress while following health and safety guidelines.



Attitude is Everything

Keep a balanced perspective on events going on in the world as well as closer to home. Make time for things that you enjoy—whatever that may be—such as playing with your children or pets, **exercising**, reading a book, etc.

Soon these times of stress will all be in the past. But just as it's important to feed our bodies healthy food, we also need to feed ourselves with positive thoughts to make ourselves even stronger both physically and mentally.