



Back to Basics: Healthy Habits to Combat Stress

Stress can strike when you least expect it. That’s why having foundational healthy habits in place are so important. Check out the must-have habits to keep you strong against stress.

Regular Exercise

Regular moderate exercise releases your natural endorphins and zaps stress in its tracks. From a spin class to simply taking the stairs, every bit of exercise counts. Start small and watch the benefits stack up.

Restful Sleep

Catching those crucial Z’s is key to keeping your stress levels low but our electronics are getting in the way. The blue light from our devices signals to our brain that its daylight despite the time. Unplug an hour before bed (or earlier) to enjoy a more restful sleep.

A Nutrient-Dense Diet

When we think of stress eating, oftentimes we reach for sugary and salty foods but what if we sought out what we really needed? When we eat nutrient rich foods that fuel our body, our body thanks us both mentally and physically. Choose fruits, veggies, nuts, seeds, and lean meats to feel better when a day isn’t going your way.

Meditation

From improved mental clarity to better physical performance, the benefits of meditation are boundless. Meditation takes practice but it’s simple to get started. Ease into with just 10 minutes a day. Download an app like 10% Happier or Headspace to get started.

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