

# 6 Things That Can Weaken Immunity

**1. Chronic/High Stress:** Everyone experiences stress—some of it is good food for us even—but high or chronic stress can lead to a myriad of health problems, including weakened immunity.

**2. Junk Foods:** Regular consumption of refined, sugary, fatty, or caffeinated foods and alcohol can wreak all sorts of havoc on your body, like fatigue and hampering immune function..

**3. Lack of Sleep:** Sleep supports both the stress system and the immune system, so not getting enough sleep can make it easier to get sick, and harder to manage stress.

**4. Too Much Negativity:** Several studies have found a strong connection between optimism and strong immune systems. Focusing on the positive can also make stress easier to manage.

**5. Not Enough Exercise:** Exercise has many benefits, including boosting the body's ability to fight off illness..

**6. Not Enough Socializing:** We just feel better when we have positive social interactions with others. Regardless of how busy you are, take time to be in the company of others.