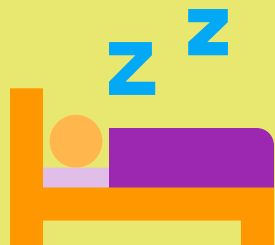


# 6 Tips to Stay Well Under Stress

## #1

### Get Your Sleep

Make it a point of getting at least 7 hours of sleep per night (8-9 are even better). Sleep disruption and exhaustion make it hard for your body to function properly, immunity included.



## #2

### Keep It Clean

Wash your hands regularly, especially when you're out and about. Dirty hands and surfaces are one of the top ways germs are spread.



## #3

### Cut the Sugar

Reduce your intake of sugar, including drinks like soda and your favorite flavored morning coffee drink. Sugar suppresses immune function.



## #4

### Eat Your Protein

Eat sufficient amounts of high-quality protein, preferably at every meal. Protein is made from amino acids, which are the building blocks of your immune cells.



## #5 Stretch It Out

Practice stretching, moderate exercise, yoga, or meditation on a regular basis. These types of activities have been shown to help normalize cortisol levels and positively impact immune function.

## #6 Laugh It Up

The simple but great feeling of laughter has been shown to help modulate cortisol and boost immune function. Put on a funny show or movie, cat video montage, or go catch a stand-up act.