

A.

irus pandemic, America
ations in the world. But in
— including 19% of millen
ear adults — said their m
previous year.

Try different techniques to manage day-to-day stress, including pandemic-related stress from staying home. Build resilience with healthy habits like quitting smoking, getting enough sleep and eating nutritious foods. Try out mindfulness practices like meditation and gratitude.

Focus on:

Physical activity

Healthier eating

Not smoking

Better sleep quality

Practicing mindfulness

heart.org/BeWell.