



4 WAYS TO MANAGE STRESS AND HELP YOUR HEART

1

STAY POSITIVE

Laughter has been considered a good way to lower stress. Turn negative thoughts around and try to smile and laugh throughout your day.

2

MEDITATE

Sit down for a few minutes and follow a guided meditation, or simply pay attention to your breath. This can be an easy practice for anyone and it reduces stress by lowering your heart rate.

3

EXERCISE

We need those feel good hormones to give us a boost! Go for a walk, or do basic jumping jacks, squatting and plank at home! Aim for 3 times per week.

4

UNPLUG

Stress follows you around in the form of your cell phone. Take time away from emails, social media, videos and the TV, even just for 15 mins.

Stress Indirectly Leads
to Heart Disease...
Take Care of Yourself!

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