

# HOW TO REDUCE STRESS

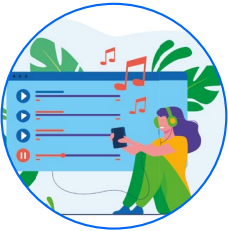
## MOVE

30 minutes' physical activity a day



## SOCIALISE

Spend time doing things with other people



## LISTEN

To music

## DO SOMETHING YOU LOVE

At least once a day



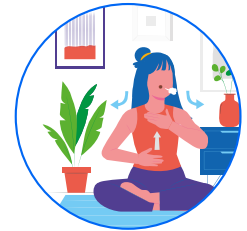
## LAUGH

Really go for it, for 10 minutes every day!



## MEDITATE

10 minutes of mindful meditation a day: focus on what is happening now, in your mind, your body, and all around you – neither judge nor react



## BREATHE

Work on your heart coherence: spend 5 minutes a day practising regular, rhythmic breathing to balance your nervous system



## SWITCH OFF

Create a calm space in the middle of the day: no phones, no screens - or take a 15-20 minute micro-nap.



## SLEEP

To sleep well, go to bed and get up at the same time every day, make the bedroom a screen-free zone used only for sleeping, etc.



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