1. **Slow down.**
   Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Snooze more.**
   Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. **Let worry go.**
   The world won’t end if a few things fall off of your plate. Give yourself a break and just breathe.

4. **Laugh it up.**
   Laughter makes us feel good. Don’t be afraid to laugh out loud, even when you’re alone.

5. **Get connected.**
   A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**
   Use “to do” lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**
   Volunteer your time or spend time helping out a friend. Helping others helps you.

8. **Be active every day.**
   Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. **Give up the bad habits.**
   Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**
    Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at [heart.org/HealthyForGood](http://heart.org/HealthyForGood)