



American
Heart
Association.

CULTIVATE VACAY VIBES WITH SELF-CARE

Taking care of yourself can help you recharge.
But you don't need a trip to the spa to reduce stress.
Try these proven activities anytime, anywhere.

Get some alone time

It's OK to take a breather when things get stressful.



It's OK to say "no"

Give yourself permission to set boundaries.



Talk to a friend

A chat (or venting session) can help reduce stress.



Get some fresh air

Walking in nature can improve your mood and relieve anxiety.



Spend time with pets

They can help you manage anxiety and get you moving more.



Unplug to recharge

Take a break from social media, email and stressful headlines.

