

# Healthy Aging: Reducing Stress

Now a Health Minute.

Stress affects both the mind and body.

Stress makes it more difficult to manage chronic physical conditions such as diabetes and heart disease, while also increasing anxiety and depression.

To reduce stress:

Get regular exercise. It can help you destress and put you in a good mood.

Meditate. 5-10 minutes every morning can help frame your day.

Take quick breaks throughout the day to reset and breathe.

Get enough sleep!

Get outside. Spending time in nature reduces stress and anxiety.

Successfully managing stress can help you enjoy your life while also helping you ward off some of the ill effects of aging.

Try new ways to reduce stress in your life and see what works best for you.