



vitafusion™

8 TIPS TO LOWER STRESS

In today's fast-paced world, stress has become a common experience. Whether it's the demands of work or the responsibilities of raising a family, stress can often feel like a constant presence. The good news is there are several different strategies to help you minimize stress while living a healthier and more fulfilling lifestyle.

Remember we are all unique, so what works for your friend may not necessarily work for you. With that in mind, here are some stress management techniques to try:

MEDITATION

There are many different meditation types, from breathing techniques to mindfulness. You can find mobile apps, books, and classes to help you learn how to meditate.

TAI CHI

Tai chi is a series of slow, gentle movements based on an ancient Chinese martial art. These connected slow movements can have positive benefits for the body and mind. Classes are available both in-person and online.

PHYSICAL ACTIVITY

Regular physical activity helps manage stress. Any activity that gets you up and moving can be helpful, such as yoga, walking, jogging, or weight training.

CREATIVE HOBBIES

Engaging in creative activities can help reduce stress, such as making art, joining local community groups, or learning a new skill. From fiber arts like knitting to building things with wood, find an activity that you enjoy.

SLEEP

Getting a good night's sleep regularly is key to managing stress. Follow good sleep hygiene practices like keeping a consistent bedtime schedule, avoiding screens before bed, and keeping your bedroom cool and dark.

PLAY WITH PETS

Pet ownership is linked to lower levels of stress. Walking your dog, playing with your cat, or petting the soft fur of your pet rabbit can be an important part of managing daily stress.

TIME WITH LOVED ONES

Spending time with friends or family can reduce stress. Whether it's chatting over a cup of coffee, going for a walk, or meeting up to watch a movie, spending quality time with loved ones is important for stress reduction.

TIME IN NATURE

Immersing yourself in nature can lower stress. Whether in a personal garden or on a hike, spending time in nature is beneficial. Even a leisurely outdoor walk where you can take a moment to notice the shape of leaves or colors of flowers can be a nice break after a stressful day.

SUPPLEMENTS FOR STRESS

There are dietary supplements that can help manage stress, such as the adaptogen Ashwagandha. **vitafusion™ Ashwagandha** contains 125 mg of clinically shown Sensoril™ Ashwagandha to help you manage stress.* These delicious blueberry-flavored gummy supplements turn stress management into a delicious part of your day!

A MORE RELAXED YOU

Whether you enroll in a workout class, practice breathing exercises before bed, or enjoy Ashwagandha gummies every afternoon, there are many different ways to help manage stress. Find the ones that work best for you!

Brought to you by the **vitafusion™** nutrition experts

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