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irus pandemic, America  
ations in the world. But in  
— including 19% of millen  
ear adults — said their m  
previous year.

Try different techniques to manage day-to-day stress, including pandemic-related stress from staying home. Build resilience with healthy habits like quitting smoking, getting enough sleep and eating nutritious foods. Try out mindfulness practices like meditation and gratitude.

**Focus on:**

Physical activity

Healthier eating

Not smoking

Better sleep quality

Practicing mindfulness

***[heart.org/BeWell](https://heart.org/BeWell)***.