breathe
Focusing on mindfulness, movement and nutrition can help reduce your stress and increase healthy habits. Here are some simple tips to get you started:

**Mindfulness**
- Recharge your body and mind by getting more sleep.
- Express gratitude for something in this moment.
- Use a mindfulness smartphone app, such as Calm.

**Movement**
- Stretch your muscles or practice yoga.
- Take a walk in nature to immerse yourself in greenspace.
- Go for a bike ride with your family.

**Nutrition**
- Drink at least eight glasses of water per day.
- Listen to your body and stop eating when you’re full.
- Choose lean proteins to fuel your body.