

STRESS



How to Increase Your Natural **Stress Shield**



Eat a Variety of Healthy Foods Daily

- Follow Canada's Food Guide to Healthy Eating

Be Active Every Day

- Include activities that make your heart and lungs work harder

Have Fun in the Sun

- Practice sun safe behaviours

Get your Zzzz's

- Get enough sleep to function at your best

Relax with "Down Time"

- Time just for you



Eat Different
Foods Everyday



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