

# BOOST YOUR IMMUNE SYSTEM AND STAY AS HEALTHY AS POSSIBLE

You can't control everything in life. Sometimes, things happen and you get sick despite doing everything "right."

However, you can take reasonable steps to keep yourself as healthy as possible, and you can give your body the best possible chance at avoiding disease (or recovering quickly).

A few proven ways to boost your immune system and feel your best:

## **[ ] Get high quality sleep.**

When you're well-rested, you're better equipped to fight off diseases. Tip for better sleep: make your bedroom a tech-free zone. No phone, tablet, or any digital devices. Devices mess with your circadian rhythm and make it harder to get high quality rest. [Source]

## **[ ] Stay committed to regular exercise/movement.**

Your body was made to move. Regular, moderate exercise is proven to boost your immune system and keep you mentally and physically well. [Source]

## **[ ] Have sex.**

Oh, joyful news! Research confirms that orgasms boost your white blood cell count, helping you fight off colds, flus, and other illnesses. Great news: you don't even need a partner! Masturbation works, too! [Source]

## **[ ] Eat good food...slowly.**

When you eat in a rushed, frenzied, or distracted manner (chomping a salad at lightning speed while scrolling on your phone), your food doesn't taste as good, and your digestion and metabolism don't function optimally. To get the maximum nutritional benefits from each meal, savor your food slowly. [Source]

**[ ] Make a daily gratitude list.**

Research confirms that counting your blessings leads to a healthier (and longer) life. [Source]

**[ ] Take “time outs” for silence, stillness, and deep breathing.**

It doesn't take much. Even just a couple of slow, deep, full breaths can lower your cortisol (stress hormone) levels and significantly shift how you feel. [Source]

**[ ] Reduce stress and add joy.**

When your cortisol (stress hormone) levels are elevated for too long, this over-taxes your immune system and it can't function optimally.

To bring cortisol levels back down, create tiny moments of joy in your day. Little things like a cup of tea, a good book, listening to your favorite song, or taking a moment of awe to admire the starry night sky...it all helps. Joy is like “medicine” that increases your body's dopamine and oxytocin levels while reducing cortisol. [Source]

**[ ] Think high quality thoughts.**

Research confirms that “a positive attitude can improve your immune system and may help you live longer.” [Source]

A stronger body begins in your mind. Choose high quality thoughts that promote a calm, focused, optimistic, and capable mood: I can handle this. I am supported. I have options. I have many blessings. I am strong. I can take the next step.

## Your **\*Stay Strong and Healthy\*** Action Plan

In addition to everything listed above, what else could you do to keep yourself healthy? Make a list. Check things off. Take good care of yourself.

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