Celebrate Stress Awareness Month by using these health and wellness tips to practice stress reduction.

Eat Whole Grains
Fiber maintains healthy levels of blood sugar and cholesterol which reduces the risk of chronic disease. Check foods like pasta and bread to ensure they contain whole grains. Learn more about whole grains from UMD’s Well in a Shell.

Create an at Home Fitness Routine
Planks, jumping jacks and walking regularly are all ways to stay fit while at home during COVID-19. Try out these suggestions from the UMD Department of Kinesiology.

Color to Destress
Give your brain a break and experience the benefits of reduced stress. Spend a few minutes using an adult coloring book.

Make Time for Each Other
Looking ahead and making future plans can instill hope in relationships. There is a light at the end of the tunnel, and it’s important to remember that!

SHARE YOUR IDEAS:
SPH Community, we want your input on your favorite health and wellness tips. Certified Instructors, be sure to contact us, too, if you want to offer expertise!

> Share your wellness tips with us