



National University
Hospital

DO YOU KNOW?

STRESS CAN AFFECT YOUR
MOOD & MEMORY

A HEALTHY PERSON NEEDS
AT LEAST 6 HOURS OF SLEEP
TO BE FUNCTIONAL



THE IMPACT OF
INSUFFICIENT SLEEP
IS WORSE THAN INSUFFICIENT FOOD

WASHING YOUR DISHES MINDFULLY
CAN HELP TO
REDUCE STRESS

EXERCISE
INCREASES ENDORPHINS
WHICH HELP TO REDUCE STRESS

