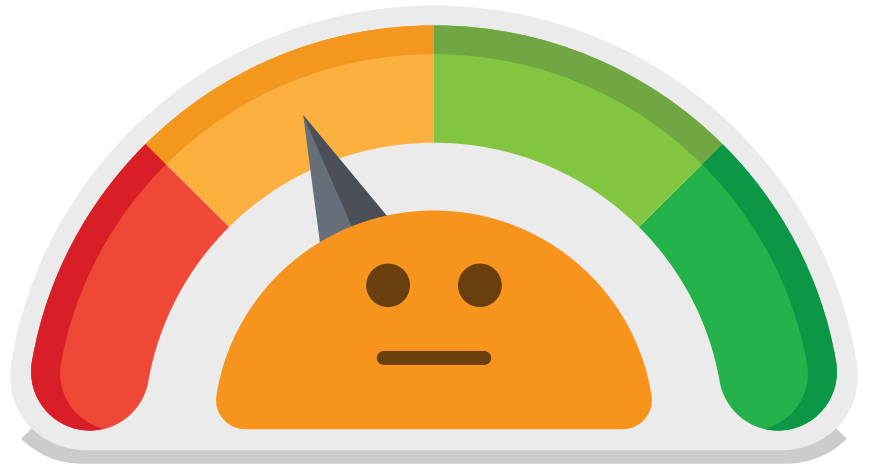# it's okay to have a bad day

Americans report they average **60 bad days** per year.

Here's how it affects them:

44%
had trouble sleeping
in the prior month

40%
of Americans
report irritability

CHIPS
SUGAR

86%
of adults reported **eating unhealthy food**

Here are some tips for coping with stress:

ZZZ

7
Get at least
this many hours of sleep every night

150
Exercise for **at least this many minutes each week**

6
Connect with others
for at least this many hours each week

You can use simple tips and strategies to get stress and anxiety off your mind.

Check out the Live Healthy section of www.SouthCarolinaBlues.com.

South Carolina