



BOOSTING YOUR IMMUNE SYSTEM



Did you know that having purposeful work can boost your immune system? When you hear talk about boosting immunity you may think of the fancy tea in the special foods section of the grocery store, or you brace yourself to hear about the next “superfood” that you’ll have to eat whether you like it or not.

Here are some other ways, beyond tea or fads, science has helped us understand how your body responds physically with enhanced immunity.

- » **PURPOSEFUL WORK AND LIVING:** Eudaimonic happiness (being a part of something bigger than yourself) compared to hedonic happiness (seeking instant pleasure) has been correlated with better immune function.
- » **HUMAN CONNECTION:** Caring for others and connecting with others also leads us to eudaimonic happiness. Once again the results in your cells is similar, leading to better immune function. It is important in this time of physical distancing to stay socially connected.
- » **FRUITS AND VEGETABLES:** Did you know that fruits and vegetables have their own immune systems? That’s right! Plants have to fight off pests and diseases too. Your immune function originates in your gut where you digest your food. There is a strong correlation between a diet that prioritizes fruits and vegetables and your immune system. So you don’t have to opt for pricey specialty or fad foods; you can simply get what you need in the produce section of your store.
- » **SLEEP:** Studies show that sleep is an important part of a healthy immune system. When you sleep, your body releases germ fighting proteins called cytokines. A healthy amount of sleep is generally 7-8 hours, but can vary per person. Quality sleep is uninterrupted sleep, which can be difficult to obtain. You may want to try eye covers or ear plugs to reduce interruptions.

In addition to these ways of boosting your immunity, it is also important to practice good hygiene. Wash your hands thoroughly and frequently. Cover your cough with your elbow, and avoid touching your face.