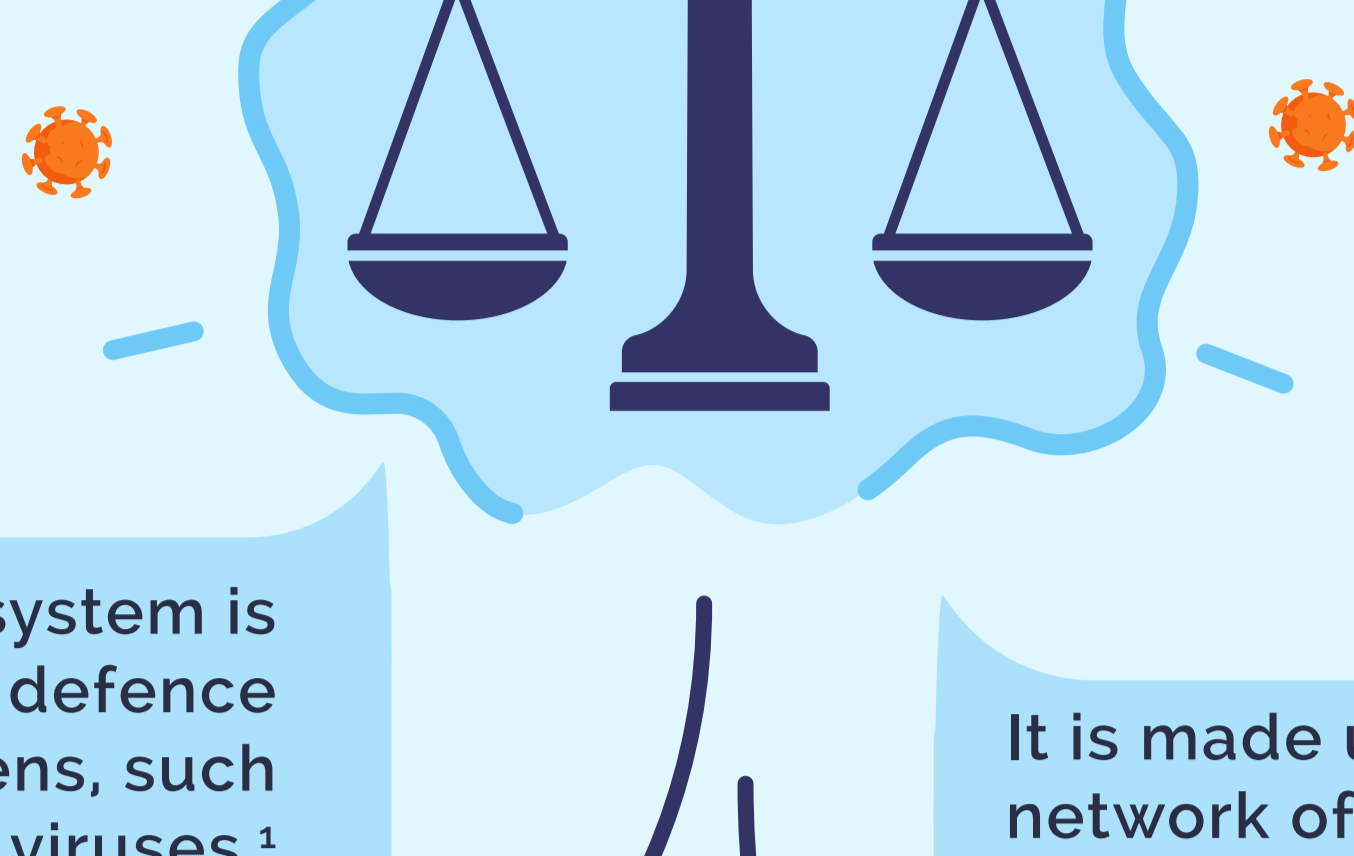
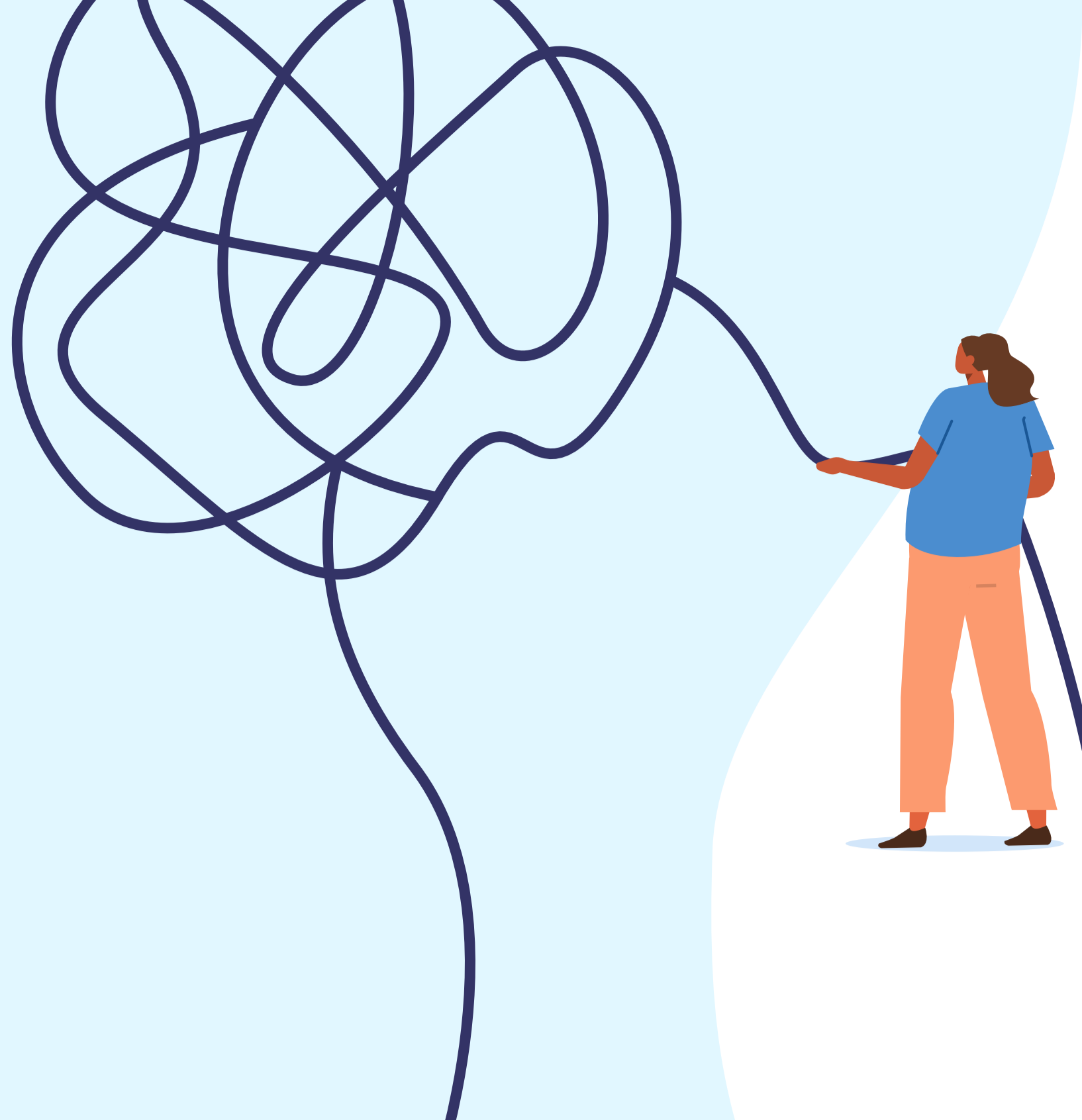


Reduce your stress,  
**BOOST**  
YOUR IMMUNE SYSTEM



Your immune system is your first line of defence against pathogens, such as bacteria and viruses.<sup>1</sup>

It is made up of a complex network of biological and psychological functions and responses, which are usually in a state of balance.<sup>2</sup>

**YOU HAVE TWO TYPES OF IMMUNE SYSTEMS:**



**Innate immune system**

Also known as the 'none-specific' immune system. It acts very quickly and responds in the same way to all pathogens.<sup>1</sup>



**Adaptive immune system**

Responds slower but more accurately. It targets pathogens and 'remembers' it, so the next time you encounter the same bacterium or virus, your body will know exactly how to fight it<sup>1</sup>.



**DID YOU KNOW?**

Stress is linked to **75-90%** of human diseases<sup>4</sup>?

**The most common stress-related diseases**



Cardiovascular diseases (such as hypertension and atherosclerosis)



Metabolic diseases (such as diabetes)



Psychotic and neurodegenerative disorders (such as depression and Alzheimer's disease)



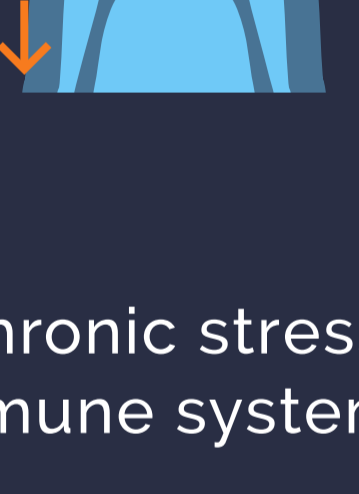
Cancer

**Stress can also decrease the effectiveness of your immune system<sup>3</sup> to fight off harmful pathogens such as the influenza virus.**

**HOW?**



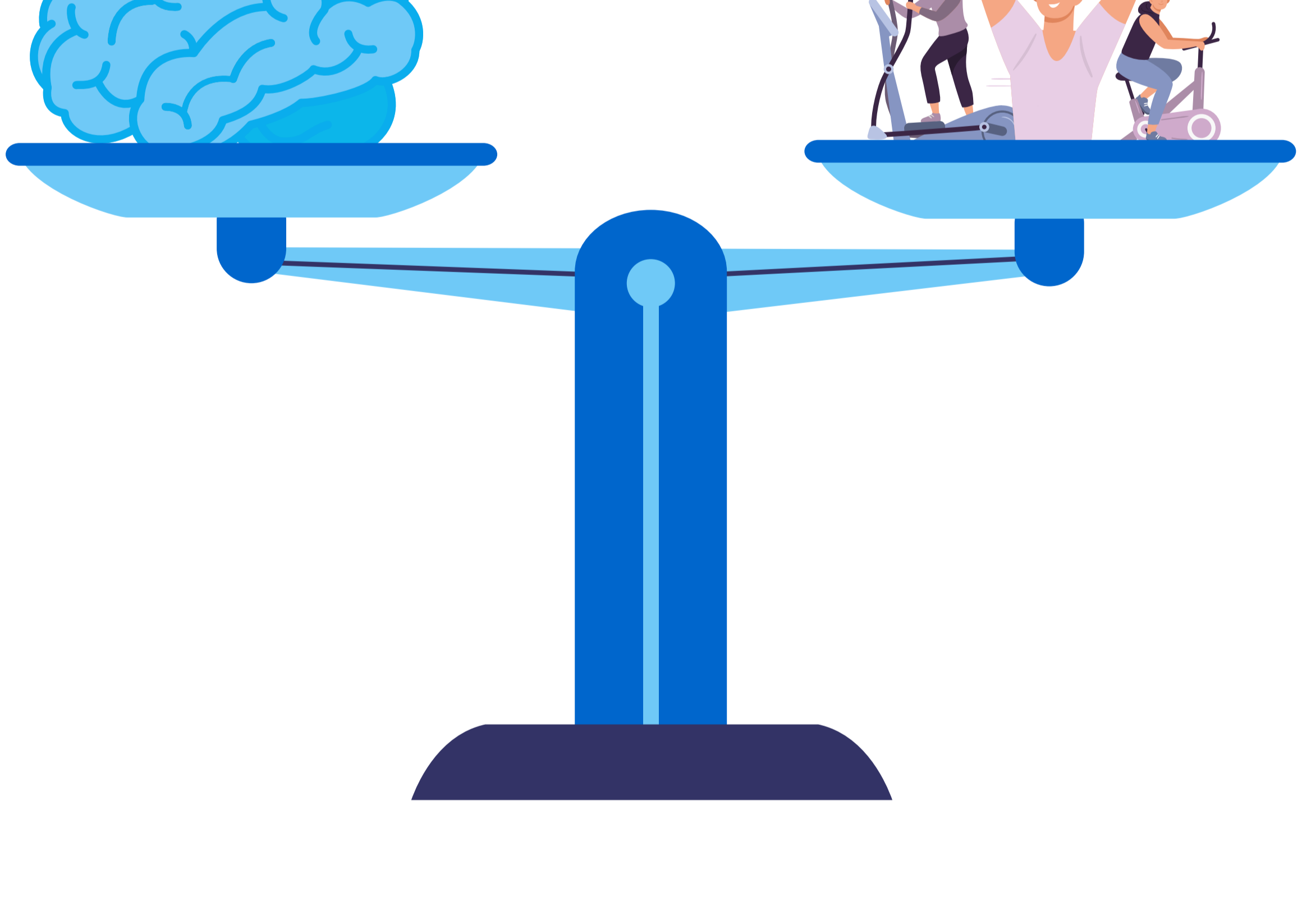
Stress can cause the decline of your thymus gland, which plays a crucial role in your adaptive immune system<sup>5</sup>.



Stress can make your body produce a hormone<sup>4</sup> that protects you from stress<sup>4</sup> but lowers the activity of your immune system<sup>3</sup>.

When you are exposed to stress for a long time, known as chronic stress, you can develop depression<sup>3</sup> that can further impact your immune system<sup>3</sup>.

**Your mental health is just as important as your physical health**



**Reduce your stress and protect yourself from the flu and other pathogens by:<sup>5,6</sup>**



- Meditating
- Seeking counseling when needed



- Exercising
- Eating healthy meals
- Getting enough rest



- Washing your hands frequently
- Avoiding people who are sick

**The flu vaccine remains the most effective way to protect yourself from the influenza virus.<sup>7</sup>**



**Sources**

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**Don't let the flu bug you**

Find out how to fight the flu: [www.influenzahub.com](http://www.influenzahub.com)

