Immunity is on the minds of all of us these days, for all the reasons. If you’re looking to give your immune system a bit of a boost — in addition to getting your vaccine and following all of the current CDC guidelines — read on for a guest article from Laura May, digital editor at Just Another Magazine, about five things you might be doing that’s actually making your immune system weaker. Cultivating a strong immune system is a smart objective, and the events of the COVID-19 pandemic have provided a sharp reminder of why you should make it a priority. The lower your body’s defenses are, the more easily you can have your life derailed by whatever ailment happens to be going around — and while COVID-19 has done an immense amount of damage, we’ve always been surrounded by diseases that have the potential to hit us hard. Unfortunately, at a time when it’s more important than ever to be capable of fighting off infections, many of us have weaker immune systems than our ancestors. There’s no need to panic, though, because your immune system isn’t set in stone: if you address the issues that are making it weaker, you can shore up your guard and be ready for whatever may attack you. In this post, we’re going to look at five things that are negatively affecting your immune system. If you can take suitable action, you can give yourself a boost. Let’s get to them: Stress is something we all have to deal with, but to varying degrees. Light stress is fine: it challenges you to excel, keeping you motivated. But heavy stress, or stress that you go through on an everyday basis, is a different prospect altogether. That kind of stress can cause no end of problems, disrupting your bodily systems and leaving you struggling to get anything done. If you can address the things that are causing your stress, do so. If you can’t, though, you’ll need to figure out ways to change how they make you feel. Learning to let go of what you can’t control isn’t easy (there are few things harder, in truth), but it can be done if you commit to the process and stay open-minded about things like introspection and meditation. Therapy is also awesome for this! During tough times, it’s easy to fall into bad less-than-nutritious habits, whether you’re regularly grabbing fast-food after a long workday or overindulging on alcohol at the weekend — those habits can impact your immune system. Try to work more fruits and vegetables that you like into your regular meal rotation. Nothing extreme: just do whatever you can manage. (Remember, all good things in moderation!)