Immunity minds us days reasons ’ looking give immune system bit boost — addition getting vaccine following current CDC guidelines — read guest article Laura May digital editor Another Magazine five things might ’ actually making immune system weaker Cultivating strong immune system smart objective events COVID-19 pandemic provided sharp reminder make priority lower body ’ defenses easily life derailed whatever ailment happens going around — COVID-19 done immense amount damage ’ always surrounded diseases potential hit us hard Unfortunately time ’ important ever capable fighting infections many us weaker immune systems ancestors ’ need panic though immune system ’ set stone address issues making weaker shore guard ready whatever may attack post ’ going look five things negatively affecting immune system take suitable action give boost Let ’ get Stress something deal varying degrees Light stress fine challenges excel keeping motivated heavy stress stress go everyday basis different prospect altogether kind stress cause end problems disrupting bodily systems leaving struggling get anything done address things causing stress ’ though ’ need figure ways change make feel Learning let go ’ control ’ easy things harder truth done commit process stay open-minded things like introspection meditation Therapy also awesome tough times ’ easy fall bad less-than-nutritious habits whether ’ regularly grabbing fast-food long workday overindulging alcohol weekend — habits impact immune system Try work fruits vegetables like regular meal rotation Nothing extreme whatever manage Remember good things moderation