immun mind us day reason ’ look give immun system bit boost — addit get vaccin follow current cdc guidelin — read guest articl laura may digit editor anoth magazin five thing might ’ actual make immun system weaker cultiv strong immun system smart object event covid-19 pandem provid sharp remind make prioriti lower bodi ’ defens easili life derail whatev ailment happen go around — covid-19 done immens amount damag ’ alway surround diseas potenti hit us hard unfortun time ’ import ever capabl fight infect mani us weaker immun system ancestor ’ need panic though immun system ’ set stone address issu make weaker shore guard readi whatev may attack post ’ go look five thing neg affect immun system take suitabl action give boost let ’ get stress someth deal vari degre light stress fine challeng excel keep motiv heavi stress stress go everyday basi differ prospect altogeth kind stress caus end problem disrupt bodili system leav struggl get anyth done address thing caus stress ’ though ’ need figur way chang make feel learn let go ’ control ’ easi thing harder truth done commit process stay open-mind thing like introspect medit therapi also awesom tough time ’ easi fall bad less-than-nutriti habit whether ’ regularli grab fast-food long workday overindulg alcohol weekend — habit impact immun system tri work fruit veget like regular meal rotat noth extrem whatev manag rememb good thing moder