



Self-love is also a way to increase immunity. Manio encourages warm baths, yoga or exercises to combat stress. Essentially, anything that could cultivate a healthy mindset will increase your immunity.

Actor-host Mikael Daez and his wife, former Miss World Megan Young, shared their routine on how they keep stress at bay.

“We try to take care of ourselves physically, mentally and emotionally in the morning. And that starts with maybe a nice cup of coffee and relaxing. Of course, make sure that the food you eat for breakfast is very good,” said Daez.

He said that he and Young have also developed teamwork, wherein they encourage each other to slow down.

“If I see that Megan is stressed, I tell her, okay, you have to take a step back and relax. Maybe I make her a cup of coffee or a snack just to give her something to help her decompress and unwind,” he said.

Young says they also analyze the situation causing the stress. Exercise was also a constant, even when gyms were closed.

“YouTube videos really helped us. We dedicated time to exercise. We tried out different things; there are some video games where you can exercise,” said Young. She said that ever since their mornings became more active, they no longer feel sluggish.