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# Activity

## Reduce Your Stress, Monitor Your Weight

It's hard to eat well when you feel stressed and your schedule is filled to the brim. It doesn't matter why you're stressed—whether it's travel for work, a busy personal calendar or big events like weddings and holidays, busy times are when comfort foods come calling.

To complete this activity, 1) Practice daily meditative breathing for four weeks and 2) Weigh yourself each week for four weeks.

### **Practice 5-10 Minutes of Meditative Breathing Each Day**

1. Sit comfortably in a quiet, darkened room with your back straight and your feet flat on the floor. (If you are uncomfortable or distracted in this position, try lying down).
2. Next, just breath naturally until you're done. Focus on breathing in and out, as well as how your breath affects your chest, shoulders, ribs and stomach. Try to not let your mind wander. If it does, simply return your attention to your breath.

### **Weigh Yourself**

Week 1: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 3: \_\_\_\_\_

Week 4: \_\_\_\_\_