

Take STRESS

Off Your Schedule



Learn to avoid stress eating, stress spending and an over-extended schedule. The key? Planning ahead.

- Meal plan to avoid stress eating and expensive impulse meals.
- Plan exercise time to stay healthy and in control.
- Keep an up-to-date online calendar to avoid accidental over-booking.

YOUR WELLBEING ACTIVITY

**REDUCE YOUR STRESS,
MONITOR YOUR WEIGHT**

Practice daily meditative breathing
and weigh yourself each week.