

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Stress Awareness

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: PRACTICE DEEP BREATHING EXERCISES. (example: breathe in and out for a count of 4)

WEEK 2: CALL A FRIEND OR FAMILY MEMBER TO CHAT!

WEEK 3: GET OUTSIDE AT LEAST ONCE A DAY IF POSSIBLE, THIS WEEK.

WEEK 4: JOURNAL OR WRITE DOWN YOUR THOUGHTS WHEN YOU ARE STRESSED AND TRY TO FIND AT LEAST 1 POSSIBLE SOLUTION TO WHAT IS CAUSING YOU STRESS.

Complete the Weekly Challenges & you will feel better and be more in control of your stress. You can improve!