

January-February 2013

Address Your Stress

Instructions: For every day that you spend at least 15 minutes relaxing or participating in a stress management activity (suggestions provided below), award yourself five points. If you receive 75 points or more, you will be awarded a prize. **Give this form to your Worksite Wellness Champion by Wednesday, February 20th.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1/21	1/22 *Last day to register *Begin tracking points today	1/23	1/24	1/25	1/26	1/27
1/28	1/29	1/30	1/31	2/1	2/2	2/3
2/4	2/5	2/6	2/7	2/8	2/9	2/10
2/11	2/12	2/13	2/14	2/15	2/16	2/17 *Last day to track *Turn in this form to your Wellness Champion by 2/20
STRESS MANAGEMENT ACTIVITIES:					TOTAL POINTS:	
*Go for a walk*Practice yoga*Meditate*Stretch*Read a book*Spend time with friends*Have a date night*Try journaling*Listen to music*Take a bath*Try aromatherapy*Breathe deeply*Laugh*Exercise*Get a massage*Take a nap*Play a board game*Knit*Have some alone time*Paint or draw*Dance*						

Name: _____

Phone: _____

School: _____



Greeley-Evans
WELD COUNTY SCHOOL DISTRICT 6



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