January-February 2013

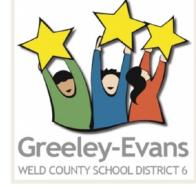
Address Your Stress

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	*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 Welness Champion by 2/20
STRESS MANAGEMENT ACTIVITIES:					TOTAL POINTS:	
time w	walk*Practice yo ith friends*Have music*Take a ba Laugh*Exercise*	e a date night* ath*Try aroma	Try journaling atherapy*Brea	g*Listen to the		

game*Knit*Have some alone time*Paint or draw*Dance*

Name:	
Phone:	





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