



STRESS LESS

challenge



Welcome to the Stress Less: 7-week Challenge!

Are you ready to feel more calm, relaxed and balanced?

MOST OF US ARE STUCK IN A STATE OF PERPETUAL STRESS. Stress isn't necessarily a bad thing, but when our bodies stay in a state of long-term stress or chronic stress, that's when the damage happens. Burnout, fatigue, depression, irritability, illness and more. In fact **80 - 90% of all illness is related to stress.**

THE GOOD NEWS: you can learn how to handle stress in a healthier way. Through the seven techniques presented in this challenge: **breathing, progressive muscle relaxation, yoga stretches, meditation, exercise, planning your life and organizing your work space**, you will acquire new ways to combat stress in a healthy and highly effective way.

CHALLENGE GOAL: Learn the selected stress busting technique each week, implement it and record it 5 out of 7 days each week for 7 weeks.

Everything You Need! All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

