Newsletter Volume 4

WORKSITE WELLNESS TURNKEY PROGRAM

Stress-Less Challenge

Week Four: Make Yourself a Priority

Why Make Yourself a Priority?

Often times, keeping up with the daily demands of work, home and loved ones can contribute to increased stress. Like laughter, devoting time just to yourself is a good way to relax and rejuvenate. Taking a few minutes each day to make yourself a priority is a great strategy to manage stress. Use this time to do something you enjoy—read a book, go for a walk, spend time with friends or family, daydream, listen to your favorite music or some other activity that is special to you.

During week four remember to give yourself points for making yourself a priority, money management, laugh-a-little and move more activities!

Tips for Keeping it Going!

At the end of this week, you should have successfully made time to have fun and do something YOU enjoy. The hard part now is to keep the momentum going. With that in mind, take a moment to think of 10 or 12 fun activities that are enjoyable to you. Write your ideas below and make it a priority to achieve them over the next few weeks. Don't forget to keep track of your progress in the challenge log and personal journal!

Idea 1: _____ **Idea 7:** _____

Idea 2: _____ **Idea 8:** _____

Idea 3: _____ **Idea 9:** _____

Idea 4: _____ **Idea 10:** _____

Idea 5: _____ **Idea 11:** _____

Idea 6: _____ **Idea 12:** _____

North Carolina State Health Plan for Teachers and State Employees
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