Stress-Less Challenge **Personal Log**

Many people find that writing down their thoughts is an excellent way to process a new experience. Journaling is also a great way to acknowledge your emotions without fear of judgment. As you participate in the Stress-Less Challenge, use the space below to record any thoughts, notes or feelings. After completing the challenge, you may chose to read your personal log to look back upon the experience or keep for your own personal reflection.

North Carolina State Health Plan for Teachers and State Employees www.shpnc.org

NCPH North Carolina Public Health Working for a healthier and safer North Carolina Everywhere. Everyday. Everybody.

Eat Smart Move More NORTH CAROLINA

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