

BEAT the STRESS Challenge

Social Media Challenge

Share your wellness journey on Facebook for the Beat the Stress Challenge! Post a photo, comment, or link to the page according to the weekly schedule below. See your program coordinator for additional details.

For more wellness tips and inspiration, follow us—[Facebook.com/GoLiveSmart!](https://www.facebook.com/GoLiveSmart!)

GET SOCIAL: Facebook

{ Week 1 } This week, take the WebMD stress and anxiety quiz: [WebMD.com/balance/stress-management/rm-quiz-stress-anxiety](https://www.webmd.com/balance/stress-management/rm-quiz-stress-anxiety). When you've finished, post one thing you learned from the quiz.

{ Week 2 } This week's flyer talked about practicing gratitude. Post three things you are grateful for.

{ Week 3 } Meditation can feel uncomfortable, but this week's challenge is to spend five minutes practicing the art of clearing your mind of clutter. Post about your experience. What was distracting you? Did you feel better afterwards?

{ Week 4 } What keeps you from getting to sleep on time or from getting quality sleep? Post a picture of something that you'll try to remove from your bedtime routine so that you can get a better night's sleep.

{ Week 5 } One of the ways to reduce stress at work is to clear your clutter. Take a before and after picture of your workspace and post it to Facebook.

{ Week 6 } Keeping a to-do list will help you stay on track and prioritizing this list can help reduce stress. Take a picture of your prioritized to-do list and post it Facebook.

