

Stress Management

You will receive 20-40 points for completing this activity

Name: _____ Facility: _____

Instructions: Attend an activity listed below and receive 20 points for attending one session and 40 points for attending two sessions. Although many activities contribute to stress management, this activity will be focused on mindfulness practices.

Meditation

Attend a meditation class in person or online

Breathwork or Sound Bath

Attend a breathwork class or sound bath in person or online

Resources

- **Meditation:** Headspace, Calm, Ten Percent Happier, Insight Timer, Plum Village, YouTube
- **Breathwork:** Youtube, Open, The Breathing App, Breathwork (Many more via Google search)
- **For in person classes:** Type into Google “Meditation or Breathwork classes near me” etc.
- **Extra Stress Management Resource:** Tapping - Go to YouTube and type in “stress management EFT tapping”, choose from any of the free videos. Or type in anything you're struggling with “_____ EFT tapping”. OR The Tapping Solution App

Date	Name of Instructor or Facility	Class Type
_____	_____	_____
_____	_____	_____