

STRESS-LESS **SEPTEMBER**

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Looking to unload some stress this month? Look no further than this stress-less checklist! See what you can do to feel better and have more energy to kick off fall. Your EAP is **available 24/7** at **(800) 327-4692** to help you through stressful situations.



EMPLOYEE & FAMILY RESOURCES WELLNESS

Brought To You By EFR
COPYRIGHT 2020

- 1. Schedule a day with no plans
- 2. Say no to something that doesn't interest you
- 3. Get a massage
- 4. Practice yoga
- 5. Spend time with a pet
- 6. Go to bed an hour early
- 7. Make a meal plan for the week
- 8. Go for a run or walk
- 9. Find a park bench and listen to the birds chirp
- 10. Watch a body of water, and let your stress drift away

