



Use your monthly Health Kit for support as you promote wellness. Share the materials - email, print, and post!

Is stress wearing you out? Don't feel alone! Everyone has stress. This month, we're going to help you work through your stress through breathing, exercising, and yes, eating (chocolate)!

Poster: Post this as a reminder of healthy foods to eat when you're stressed.

Crossword Puzzle: Get your brain active with our stress-free brain game.

Recipe: Another de-stressing food: chocolate. Check out our recipe, Dark Chocolate Covered Figs, for a calming snack.

Click here for more information on eating right to reduce stress. To learn more about the heart healthy benefits of dark chocolate, **click here**.

90 Seconds: Clinical Specialist Michael has some great tips on stress in our 90-second video.

Coaching Moment: Coach Mitch has a coaching moment for you to take on the next time you're stressed. Don't miss it!

Podcast: Finally, download our "mindfulness" podcast with Coach Anna's soothing voice for a deep relaxation session.

Additional Info: Log into the wellness portal for even more articles on this topic

/ Acceda el portal de bienestar para ver más artículos sobre este tema:

- Ways to reduce stress
- Maneras de reducir el estres

Speaking of relaxing, next month's issue is all about "Improving Your Sleep", and you know you don't want to miss that! See you then.