



## **Stress Less Challenge**

### **Learn to stress less and enjoy better health**

Taking “me time” can help you become more mindful, focusing your attention on the present moment. That can help you sleep better, reduce stress, and improve your heart health. To help restore your well-being, register for the SmartHealth *Stress Less Challenge* today at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov).

### **Find your calm**

Stress is a normal part of life, but if it becomes too much it can harm your well-being. By making stress management a priority, you can reduce your anxiety and help prevent stress-related health issues.

### **Enjoy more “me” time**

Lowering stress could be as easy as taking a few minutes for yourself each day to listen to music, go for a walk, or cook a meal. Even better, including fruits and veggies in your meals can help you feel good while preparing your body to fight the effects of stress.

### **How it works**

Use the SmartHealth Stress Less Challenge to focus on the goal of routinely relaxing for at least five minutes each day. Indicate whether you were able to meet the goal (yes or no) on at least 21 days of the 28-day challenge to earn 150 points. The challenge starts September 25 and ends October 22.

You can document your progress each day or go back to report it before the end of the challenge. Track your results at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov) or on the Wellness At Your Side app.

You must **register by October 2** to participate.