

Exercise #3

Choose One from Column A, and One from Column B...

Most knowledge about stress and health isn't that useful - unless we actually apply it. On the other hand, there really is a lot of information and a multitude of choices out there. That said, you don't need to do everything on all the lists to make a big difference on your stress levels.

After all, one important stress management skill is simply being able to prioritize.

Review the Sleep, Nutrition, Exercise and Lifestyle Guidelines

Think about your life, and commit to making one change in each of these categories. Pick the simplest one. Write down the change you will make, and jot down a few notes about how you will go about making them.

1. Sleep

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2. Nutrition

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3. Exercise

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4. Lifestyle

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