



wellness

Stress-Management & Wellbeing Workshop

Ideas:

Park the car further away from where you're going.

Take the stairs instead of the lift.

Get off the tram/bus a stop early and walk.

Walk or ride to work/the shop etc.

Take walking meetings.

Stretch at your desk as many times as you think to during the day.

Get a dog and walk it daily

Can you think of other ideas?

Week Three Worksheet Two

Opportunistic/additional exercise

Why is exercise important to you/not important to you? Get specific.

Four horizontal dashed lines for writing.

What extra exercise can you do by fitting it into your routine? (If you want to...)

1. \_\_\_\_\_

Two horizontal dashed lines for writing.

2. \_\_\_\_\_

Two horizontal dashed lines for writing.

3. \_\_\_\_\_

Two horizontal dashed lines for writing.

4. \_\_\_\_\_

Two horizontal dashed lines for writing.

Two horizontal dashed lines for writing.