



Stress-Management
& Wellbeing
Workshop

Week Five Worksheet One

What pennies dropped, take-aways were most useful? What plans or actions can you take? Be specific.

Stress Management

1) _____

2) _____

3) _____

4) _____





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What pennies dropped, take-aways were most useful? What plans or actions can you take? Be specific.

Healthy Eating

1) _____

2) _____

3) _____

4) _____





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What pennies dropped, take-aways were most useful? What plans or actions can you take? Be specific.

Physical Activity

1) _____

2) _____

3) _____

4) _____





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What pennies dropped, take-aways were most useful? What plans or actions can you take? Be specific.

Sleep and Rest

1) _____

2) _____

3) _____

4) _____

