

Journal Prompt

Day 19: Stress Management

Choose 2 of the suggested stress management techniques discussed in today's content, or select 2 of your preferred stress management techniques (one for in-the-moment stress, and one for chronic stressors).

- How can you employ these stress management techniques?
- In what situations can you set an intention to use your chosen in the moment technique?
- How can you incorporate your chosen chronic stress management technique into your life? Brainstorm and come up with a plan for each.

