

HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY MANAGE STRESS:

- I set aside a couple of minutes every morning to write three things I am grateful for in my gratitude journal. It helps to start the day in a positive way and gives me something to remember if I get stressed out later.
- I downloaded an app that does meditations. It helps to calm me down and feel more centered.
- I like to go for a walk with my dog every day. Even if it's bad weather. Being out in nature and getting my blood pumping makes me feel great.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO MINIMIZE STRESS?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

InnerCalm is formulated with a blend of adaptogen ashwagandha, along with saffron and L-theanine, to help temporarily reduce feelings of stress and support a more “meditative” state of mind.