

CHILL OUT



Stress has a negative effect on your body and your emotions. It can affect you immediately (acute stress) and over time (chronic stress). Experience the benefits of controlling stress by practicing healthy behaviors to help you feel better.

Each day you can earn 1 point for each healthy behavior that you practice. If your total points for the month are 75 or greater, you will earn a \$20 HRA contribution!

EARN 1 POINT PER DAY FOR EACH OF THE HEALTHY BEHAVIORS THAT WILL HELP YOU CHILL OUT:

- ▶ At least 15 minutes of physical activity
- ▶ At least 15 minutes of relaxation
- ▶ At least 1 cup of fruit and 1 cup of vegetables
- ▶ At least 7 hours of sleep

