Please take the follow up Monthly Mindful Challenge survey below.

Did focusing on the causes of stress impact you in any way (good, or bad)? How?

Did you try any of the stress relievers suggested?

☐ Yes
☐ No

(practice yoga, meditate, laugh, crank the tunes, take a walk, take a breath, be grateful, be mindful, bypass the junk food and feed your body, connect with others, assert yourself, keep a journal, get more sleep, try a creative outlet.)

What worked best?

What other way(s) do you choose to deal with stress and how well do they work?

☐ Yes
☐ No