



# MyStressTools

## Scavenger Hunt

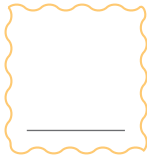
1

What is your **stress profile** number? \_\_\_\_\_



2

How many icons do you see in the **MyStressTools** menu? \_\_\_\_\_



3

Provide 3 tips from the **resilience coach**.



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4

Watch Week 1, Day 4 of the **Mindfulness Minute** series. \_\_\_\_\_

▶ How do you feel? \_\_\_\_\_

5

Go to the **Q&A** section and give one tip shared by Raquel Garzon for motivating yourself to do something when you don't feel like it.



6

What is one benefit of **journaling** stress?



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7

Read the article **Deal with Stress, Your Immune System and The Coronavirus**. What are 3 tips to improving your immune system?



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_