

Stop Stress Now - February 2015 Program Guidelines

- Complete one stress management activity of your choice each day.
- Access *MyStressTools* online and maximize the resources available.
- Read Stop Stress This Minute - 135 pages.



Total Participants: 15,746
Completed Program: 5,018
Online Reporting: 6,342
Online Surveys Completed: 2,182, 14%

Survey Responses:
Did you complete program requirements on at least 20 days during February?
 93% YES 7% NO

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Stop Stress Now?
 94% YES 6% NO

Will you participate in the next program – Iftarod Fitness Challenge?
 92% YES 8% NO

1-Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails and Program Content	3.98
Recipes	3.81
Website & Tracking	4.02
Stop Stress This Minute book	4.00
The Stress Tester Card	3.58
MyStressTools.com Online	3.81
Overall Program	4.00

Personal Behavior Before Program

One stress management activity	3.19
Stress management knowledge	3.35
Productivity work/home	3.46
Overall well-being	3.47

Personal Behavior Before and After Program

One stress management activity	3.84	20% ▲
Stress management knowledge	3.94	18% ▲
Productivity work/home	3.85	11% ▲
Overall well-being	3.89	12% ▲

EHA Member Comments

Wow, Wow, Wow! This has changed my life! The best book on stress I have ever read. Thank you for this program!

This program is like a support group. So encouraging!!!

I learned so much about stress...where and how it originates and multiple ways to reduce and or cope with the stress. I cannot believe how much I have learned. It is amazing how our bodies respond to stress and how easily we can defer the damage! Loved this program. Thanks!!

I appreciate the way that the program is set up. Easy to use and directions clear. I also liked the stress card - my students did too!

Great book and program. Best program so far. I have some family issues that are quite stressful. The activities and book helped a lot.

I really enjoyed reading the book and using the online tools. This program could not have come at a better time for me. Thanks.

I think this was by far one of your best programs yet. The book was SUPER-much better approaches/ideas than any other material I have seen or read. Very informative, disputed many myths I have heard and easy to implement suggestions. LOVED the approach of not making you feel "inadequate" because of the need to manage stress! Thanks so much!

It is great we have the opportunity to use MyStressTools.com. It is a valuable resource! This was one of the most helpful and beneficial programs so far!

Thank you so much for providing the opportunity to reduce my stress. It was so badly needed! I knew I was so stressed that it was affecting my health, happiness and productivity but I had no idea what to do to reduce/eliminate it from my life. This month's journey has been so eye opening and such a relief. My quality of life has more than doubled this month. Thank you so much!

THE BOOK WAS A LIFE SAVER FOR ME. IT CAME IN December RIGHT BEFORE Christmas. I HAD BEEN DEALING WITH ANXIETY AND DEPRESSION ISSUES SINCE LATE SUMMER AND IT HELPED ME WITH SOME GOOD EXERCISES TO DO WHEN I FELT A PANIC SITUATION COMING ON.IT ALSO HELPED ME TO BETTER UNDERSTAND THAT I AM NOT ALONE

AND I AM FEELING MUCH BETTER BUT STILL USE THE THINGS I LEARNED FROM THE BOOK.IT CAME AT JUST THE RIGHT TIME. THANK YOU!

This program is very motivating and well organized. Thanks so much for your hard work making that possible!

I was in a very stressful situation the whole month, and because of the help of the online and book in hand, I was able to handle the situation without feeling as stressed. In January I was having panic attacks, but after reading and following suggestions I feel I made it through with flying colors.

The stress management program couldn't have come at a better time. I am currently working on switching job positions, fighting health battles, and definitely stressed. This program helped immensely!!!

I love this program. I even got my husband to read the book!

I understand the aspect of stress management but let those stress management techniques slip away through the last year. This program made me refocus on the ways to reconnect with the management of the stressors in my life. I found that I was less stressed and could handle the "speed bumps" in my daily life much better. Thanks for the refocus. I'm much happier, too!

Thanks for the opportunity to improve myself. Looking forward to expanding, working with a small group of co-workers in the next challenge. Self-esteem / self-awareness has increased due to this program. Just great to have it "in my face" every day, helps hold me accountable to myself. Annoying, but effective. Thank you for this opportunity. I look forward to continued involvement into next year as well. :)

Thank you so much for the Stop Stress program! I needed this 4-5 years ago! I have shared a few ideas with my sister who is going through a lot of stress right now. She really appreciated it as much as I have! Thank you again!

I will continue to use "Stop Stress This Minute." It is a very well-put-together book. Thank you for allowing us to keep it!

Just love your program!

Awesome program. Would not change a thing!

Another excellent EHA program. Thank you for guidance and support!!

My husband is always stressed, I shared my information with him because he never believed what I told him that was causing his stress. He now seems to understand better!

I loved this one - thank you so much!!!!!!!!!!

I had never read a book about stress before, it was very interesting! :)

I am a work in progress, but I have noticed a huge difference in my level of calmness and ability to sleep at night.

This has been one of the best programs yet! I will keep this knowledge with me and try to continue to put what I have learned into daily practice.

Book is excellent! I am trying to round up enough books from other staff members to use for my health class!

Since enrolling in EHA, I have a better lifestyle! Continue offering awesome programs! Thank you for all that you do!

It was an exceptionally stressful time in our family medically so having these suggestions and resources were helpful.

I love EHA! I just didn't want to have to read more for the stress management portion of this. I love everything else I have done though.

Loved the way this was set up. Some of the stress management techniques were very "user friendly". They were techniques that I could actually use!

This was my favorite! Thank you!

Great book!!!

I especially like the simple techniques of how to lower stress levels at any given moment. I have enlisted those practices often in the last month and found that they really do work. Thanks.

I like the stress card - it's cool!

I am thrilled that I actually DID this stuff each day. I am a really LOUSY record keeper and didn't write stuff down each week. But I have been

totally committed to eating well and exercising at least 30 minutes each day.

This was an awesome program!

This is a great program and is very user friendly.

Loved this section!

One of the best programs yet!!

I have never thought that stress had so much to do with a person overall health. Reading the book *Stop Stress This Minute*, help me to realize a lot I was stressing over and how many ways there are to dealing with stress. I truly learned a lot. Thank you so much. I plan on referring this book to others.

The Time Management Matrix was very helpful!

I love listening to my relaxation music while I work and play free-cell and read just before sleep to help unwind and relax!

After doing stress management daily, it has become part of my daily routine.

Thank you for being this great program to our school!

I enjoyed the videos. Although, the lady who does the yoga video, while trying to sound soothing and spiritual, sounded sensuous and flirty. That made me laugh while doing the exercises...Although that relaxed me, so I guess it was a double whammy.

I really enjoyed the book it's great to keep the book handy for stress management

I was experiencing a very stressful situation in my personal life when this program began, and it proved very timely and useful to me.

This is a good program to work with.

I really found the stress management activities helpful. Some of them I now use regularly. I also shared one with a friend who was under a great deal of stress one day and she was surprised by how much it helped.

I loved the book and the insights and tips it provided. As I get older, I handle stress better. But the knowledge gained from the book could have helped me in my more frantic/stressful younger years. Will suggest to my children they read the book!

I didn't do as well as I thought I would. I know I need to just chill sometimes for my overall well-being.

The information in the book was great!

It was very helpful. Thank You!!

Thanks great read and lots of things to work with.

This came at the perfect time.

This was so helpful for me to be able to realize when I might be under stress and how to recognize the signs and know how to handle my stress.

It is easy to follow the program when there are so many supporters around in the office and home.

Nice program!

Enjoyed it!

The book was great. A great resource to check back on too. Many a nights I used the breathing techniques when my "brain" would not shut down from my busy day. I bought a new yoga mat and DVD so I can do yoga, at home, at least once a week. I noticed we also used some of the techniques to help our students before a test. I also keep my book by the couch, just as a reminder to "relax" and enjoy life. Also, I started the Fast Metabolism Diet and three days is spent on "relaxation". I got a double bonus for the month of February and a massage...lol.

Helps me to stay focused!

I liked the topic. It was nice not to focus on food and exercise.

Great program and learned a lot about stress and working every day to relieve it.

The timing for this was perfect. I have had several stressful items going on in my life and I used the resources I received from this program to help,

and assess and help me manage and reduce my stress at work and at home.

Great ways to help do different activities to lessen my stress.

I was finally able to have a good night's rest

I have committed to doing one stress management activity daily, even if it is just a 15 minute stretching activity in the morning or at night. I commit to that and I feel like it is an important health move.

Best one yet!

I loved the book! It had a lot of valuable information.

I liked the hard copy of stress book.

Great recipes.

Helps so much to know how to deal with stress.

I really liked this program!

This was a great and easy challenge to complete. It really made you think about your stressors and how to handle things.

Excellent once again!

Despite this past month being very stressful, I've managed to reduce my stress level and increase productivity at work and home, which also helps my stress level.

This is my favorite program so far. I think it is so applicable to everyone and we run around like crazy people trying to do too much!

I loved the stop stress this minute book.

It is helpful to read articles that make me more aware of things I can do to help myself even if I have the current knowledge. It is a good reminder.

This information was really good. I wish that this information had been available to me a few years ago when several life circumstances sent my life into a tailspin. I did learn many of the ideas presented during this

month during that time, but I had to really look for it and some of it had to come through counseling.

Love this one!

It was a very good book and a good program.

The reminders help to read about stress and keep track of stress triggers.

Loved the program!

Keep up the wonderful info!

This was an excellent program.

Feeling better!

Even if we think we know how to manage stress, it is good to get new ideas. Thanks.

I enjoyed this program. I learned several things about stress & behaviors. It helped me understand better why I broke out with shingles in 2013.

Good suggestions lead to a daily use of stress relievers.

I was unable to complete the program, but what I have been reading has helped me so far. I have been out of town a lot and just was not able to comply with the things I was supposed to finish.

Great program!

The book is very helpful. It helped me focus on daily activities and responsibilities. I also had better luck with eating more fruits and veggies. I have been sleeping better and just seem to feel totally more relaxed and less stress.

It was great program. Better to help with stress management

I liked this program. I got a lot of useful information. I also liked that many suggested activities could be done in a short amount of time. I'm more willing to try something that only takes 10 minutes.

Some of the items discussed in the book were review, while other items were new to me. It was interesting reading.

I liked the stress test at the beginning and the computer evaluation of my stress.

I like tracking my information it really makes me aware of what has been going on daily and different strategies on how to handle them.

I liked the booklet and the online resources. The recipes were good. I made several at home.

Thank you for providing this excellent program.

Had the opportunity to work on this most days.

I enjoyed the ways to distress.

Love the book!

Book very informative.

I run in place when I stressed or I just scream.

Thanks for the stress relief program!

I am feeling stress free!

Everyone needs stress relievers in their lives.

Some of the activities I was aware of but failed to make a practice of using them on a daily basis. I now see how it can benefit you.

Eating right and exercise have really make a big difference in how I feel and how I deal with what is bothering me.

This challenge help keep focus on stress. I really liked this program.

I really am able to use all the tips to reduce stress and feel I will continue.

Great program!

Perfect month to have this program. With difficulties after Christmas with student behavior and computer "behavior", I had many chances to practice learnings.

I fight with depression since I have had cancer for the second time. It is hard for me to stay positive. I learned a lot from the book and not owning all my problems because they are not really problems, not making a mountain out of a mole hill.

Enjoyed the "tips" on how to manage stress and how to recognize stressors in our life.

This program was very good-learned a lot of things about stress I was not aware of. Some ideas helped me handle stress in a better way

This was very helpful!

This helped me remind myself that taking time to relax and reduce stress is something that is important and needs to be part of my day. If I take time to distress it allows me more time to get things done.

I am in love with the Stress CD offered with this program. I use it daily. Notice a change with in the first week.

I think this came at just the right time for me. I didn't realize that some situations were stressful, until I really stopped to think about my reactions. I'm actually taking a yo-chi class and have found it very helpful, as well as the deep breathing. Chilled out now, and thanks!

Good reminders and enjoyed the trying new recipes.

I was able to be more productive at home and have better time management. I felt less stressed when I accomplished things on my to-do list, and actually had more time to relax.

There are plenty of things to cause you stress, knowing how to deal with the stress was very helpful.

I was at home sick for a good portion of February, and was not able to properly participate in the Stop Stress Now program. Too fatigued!

I enjoyed the stress tips for yoga at the desk. Some days I need that.

I've been working in stress related anxiety for some time now and this program was just what I needed to continue.

I enjoyed reading the Stop Stress This Minute Book. It is very informative on controlling Stress.

Brought strategies to my mind when placed in the stressful situations.

This is a wonderful program thanks!

I think consciously trying to change some things that gave me stress helped.

The book was really good and had good, useful suggestions.

Good to have ideas for combatting stress.

Feeling good no stress!

Very good and simple suggestions. Easy to work into daily life to make small changes that add up to big benefits.

I use the breathing example from the first chapter to calm down several times a day. It helps me to lower my blood pressure!

Try to think positive even when things go wrong.

I already teach about stress and so many of these things I knew prior to the program. I exercise 5 days a week and have done so for many years. However, it was nice to be held accountable.

Learning methods to use when dealing with stress has be helpful.

Very good book and program.

Another awesome program - thanks.

I truly thought the book was good. I misplaced it and found it after the days were over. I did finish reading and thought it was really good!

Excellent program!

I am able to manage my stress a lot better now.

Thanks for the regular reinforcement and encouragement!

Helped me to deal with certain things better.

One of the best programs!

Since during the program, have lost some weight. Is eating more fruits and vegetables now. Thanks so much.

I just joined the program in mid-Feb. But I liked it and felt it was beneficial. It has made me more cognizant of how I'm handling stress.

We have 2 teenage sons and I have thought of these stress-management suggestions as I deal with parenting.

Since the program started, have lost some weight. Eat more fruits and vegetables now. Thanks so much.

As a PreK-8 school counselor I face stresses each day with student behaviors, parent concerns, etc. As part of the guidance curriculum I use with my PreK-6 grade students the "tools" to calm down and relieve stresses are all part of their classroom learning. I feel confident that I am better able to use some of these same tools for myself.

I liked the quotes you started off with.

I loved the Stop Stress This Minute book - the information in it is great and so helpful! Thank you.

I started going to the gym more. Not having as many headaches.

The stress program was excellent. The reason I was not more productive at home or overall well-being is that I am having some health issues and have to have a hip replacement next month. But the stress exercises helped me with the stress of all of it and I think a little with the pain issues.

In the little time I was able to participate in the stress program I feel I became more aware of my stress levels.

I really enjoyed this program. I didn't realize different stress triggers. I am glad I have the book to go back to. I had trouble with the website at times, so I would go back to the book.

I have improved my health so much.

I learned a lot - never had done some of the stress management tools and found that they really worked.

Loved the relaxation music that was available!

I am grateful for the Stop Stress Now session. It helped me identify stressful areas in my life and that of those around me. Prayer/meditation daily also was implemented as I knew I needed something as such to start my day.

Great Program!!

I start my day with walking at the school where I serve. My goal is to walk for 30 minutes each morning. **On average, I've been walking 40-45 minutes every morning. I feel better and have more energy.

Started to use some of the ideas and strategies with my own kids and the students in my class.

Still LOVE the stress card. When subbing at a MS, I found just using the card made me calm down having to deal with a difficult child. Only took ten seconds to monitor.

I will use the stress management knowledge I learned for the rest of my life.

The Stop Stress This Minute book contains awesome material for helping reduce life stressors.

Stress management tools need to be stressed over and over again. This unit did that.

I found the information very useful and interesting. I have been well informed by the minute book.

Stress Management was the program I liked the most. I thought it gave a lot of helpful tips.

My stress level was not very high, but wanted the info for my students testing mainly on their skills. They are very stressed out for the skills testing. I have used some of the techniques already in preparing them for skills testing day.

Learned a lot of useful tools to manage my stress.

Thank you!

I really enjoyed the book! I needed this!

Exercise daily.

I LOVE learning more ways to de-stress and the daily emails and reading were daily reminders to relax. I loved it!

I didn't realize a lot of things that could cause stress could easily be changed or helped.

Amazing how much it helps your overall mood/well-being to unwind and relax daily.

Impressed that Chapter 3 referenced Rational Emotive Behavioral Therapy and Cognitive Behavioral Therapy--we are learning more about CBT at work.

Sleeping better!

I loved the book!

The ideas made me stop and think.

Excellent book.

Stress is something many of us have with our jobs and home life. I have tried to take it easier and so I have less stress. If something doesn't get done I'm not stressed like I used to be. It will be there tomorrow and so I'm less stressed.

I really enjoyed this Stress Management program. Stress management is so important. I appreciated the help I received in participating. Daily I strive to attain goals.

Liked the book! Very informative and the Stress assessment.

Made me more aware of things I could do to reduce my stress

This program has motivated me to get to bed earlier so I have gotten more sleep.

Having just retired, I was expecting things to slow down a bit more than they have. The stress management program came at a great time.

Great!

Stress is a part of life-I want to manage in a healthier way. This program gave me great ideas and strategies.

Made me aware of various ways to deal with stress at home and at school.

Loved the Stress book but couldn't figure out how to really use the online stuff.

Great strategies! Why does life get in the way?

Helpful especially during a personal stressful time of my life. Felt like some days it was a life saver.

Liked the life surveys.

The audio and video tools were wonderful! The stress induced insomnia audio was reassuring and gave me some great ideas about how to have better sleep.

I've been walking every day even before the program. However, I feel like I have more knowledge now and try to eat healthier. I'm making better choices.

I didn't realize how stressed I really was on some days.

Stress techniques works great included entire family into using techniques. Have three year old son using breathing technique to help calm him down after a temper tantum.

Very happy to participate!

Excellent program!

I find myself using some of the techniques that I read about when I feel my anxiety climbing. I had surgery during this time...a bit stressful!

Good program!!!

This was a great topic!

These programs really help me in staying focused to make healthy choices while at work and at home. It motivates me to want to try my best to stay on track. Having to check in also keeps me accountable, although at times I forget we have to check in.

Excellent topic and learning opportunities!

This was very helpful!

Loved this program! I will continue this!

Even though the stress I deal with now is mostly due to being in pain, which seems different than most of the causes our materials dealt with, being in the program helped me to see things differently and make a few changes. As a result, I feel more in control and am being more proactive in managing both the pain and my reaction to it. It's helped my outlook on life tremendously.

This was something new for me, I learned a lot and was very interested in the program because I am a very stressed person. I let a lot of things bother me. I guess you would call me a people pleaser. I learned you have to please yourself first because you can't seem to please most people. Thank you.

Really found this program worthwhile, the information in the book has been a huge help in my own stress management.

I feel more relaxed and can deal with problems without getting frustrated.

This was the perfect time for this, as my husband was injured and we had 27 days of pain for him, leading into a surgery. I used many of my stress techniques each day to keep from going crazy!

Best program ever. Love the daily diary and would love to continue that.

I realized I had more stress than I thought and some of the quick stress reducers really do work anywhere.

I really enjoyed the entire month's program and learned a lot about changing my faulty thinking to improve my attitude. I'm more in control now.

Just love your program!

The book was very helpful, in helping me identify what causes my stress. I hope to change the way I handle these things in the future.

This program reminded me to keep things in perspective and to practice the tools I already knew. This program also gave helpful suggestions.

This was one of the better programs I have participated in because I could really relate to it. I liked the book and the mystresstools.com. Since I work out every day and eat good, those type of programs are not so relative to me. But, this one gave me some good insight into myself and ways to help myself during some trying times.

Loved the program. Stress has always been a problem for me. It helped to look at certain items in a different way and help overcome my stress.

Just love your program it has helped me keep doing the programs it helps in a lot of ways!

Love the daily reminders. Helps keep me on track. Love the recipes. Have tried many of them and even my husband likes them!

I was always engaged to learn more about stress. Excellent program!!

Very good program!! I will use this info in my everyday life often. Thank you!

Getting more sleep, and being altogether more refreshed and ready for the day! Which then also I am more relaxed and calm :)

Excellent program. Promote again.

I now exercise daily-yoga, weights, or meditation. Feeling much better!

It was a great way to get people to think about stress and ways to reduce it!

I learned a lot about stress. The book was very informative. I like the recipes to look at to get ideas for meals.

I liked the info on how to manage stress!

Good topic to know more about.

I felt this was an excellent program but I just wasn't able to keep caught up with it. I plan to finish the book in time as it has some very good info. I certainly glad that I have it.

I really liked the book. It is a great resource tool.

Thanks for all the resources!

This program did make me stop and think about the stress we feel. That is a large part of the battle.

I just love the Journal part of the Stress management. It helps just writing down what is going on.

I thought the information was educational and helpful. I liked the fact that there were different suggestions to help manage stress.

I don't have much Stress in my life so it didn't change much for me.

It has helped me understand that we all need to stop and breathe and not worry about tomorrow and stress out over what comes today.

Too many things going on this month at school and home. Didn't get the book read, or logged in to the web site. I was hopeful but it didn't happen.

Really needed the stress management.

Good program! Even though I did not complete the challenge, it still helped me become more aware of my stress and ways to combat it.

The more I read about stress management the more I looked at my life and examined the stress factors I have been dealing with lately. I am looking forward to the next phase and will be using the stress information in the future.

I was sick for most of February and was not able to participate --- Influenza -B then Sinus Infection. Sorry!

Really helped my overall knowledge and mindfulness. More aware of my stressors and interrupting them sooner.

Very Helpful!

The stress reliever exercises are of GREAT HELP, while sitting at my desk. I knew some of them, but the others are so very helpful. It is good to take a few minutes to do the stress reliever exercises. Thanks for the GREAT UPDATES!

I am eating healthier and exercising a little bit each day.

The stress card was a very nice tool to have on hand.

Did not enjoy this one as much as the other ones in the past. I am pretty low-key and don't usually get too stressed out.

Good program - I need to pick up better habit on how to deal with and eliminate stress in my life.

Had to stop this program. Missed two separate weeks of school, mom died. Extra reading, lack of time was just causing extra stress. Things are back in schedule and I am ready for next challenge.

Stress is truly a major cause of serious problems-we all need to get better at controlling it...was good to read suggestions and good recipes.

Love all of the programs. I just don't get on them and record even though I am doing them.

Thanks for trying but this was a busy month and I found it too easy to ignore the program. My own fault. I guess it is something I can ignore easily because I don't want to face some of it.

I find that working out and eating healthy greatly reduces my stress levels! Now I cannot wait to get my work out in and have that "me" time to de-stress. Also, I set aside my Sundays/Mondays to meal prep for the week. Having all of my meals ready to go helps me to be stress-free!

Good Information!

I lose 10 lb.

I learned that it's okay to take time for myself and that exercise helps me relieve stress and I am so glad that I have finally prioritized to do it.

Good book and gained insight into my life!

Really helps relieve anxiety!

I really enjoy the variety of recipes.

While I did not participate regularly enough, do all of the reading, to log in 20 days, I was very impressed with the book and the information that it contained. What I read, I used and I am glad that I did.

I really liked the stress card and the information within the book. I like to do yoga so this was an easy transition for me.

Great program!

Thank you for including this challenge! It was very much needed at this time for our school. February is a difficult month to get through, and this booklet offered some new and insightful information about health and stress-management.

Despite by a professional in psychology much of the stress management knowledge was either a good refresher or new to me!

I liked having the book to highlight and fold over the page SO I could go back easily. I am 60 so I grew up with having the materials right in front of you to write notes beside the text, etch... I do own a Kindle and Mini iPad but enjoyed learning about STRESS with the text book.

Great information for all of us! Just being conscious of our stress triggers is a big step toward balancing our lives.

I enjoyed learning more as to how to reduce stress...unfortunately I have not mastered it all yet but will keep trying. Thanks for giving us this opportunity to learn new ways to care for ourselves.

I really like the stop stress booklet. It contained many useful ideas.

Love the booklet and the stress card!

I did not complete the program but heard from staff that they really enjoyed it.

Good program.

Loved it.

I have shared this book with friends.

Overall, I have become more active and positive about life in general. I find time for myself and try not to overwhelm myself by saying yes to everyone who needs something.

Keep me more aware of what I was doing or not doing.

Good program!

It was good to hear others talk about this program. I enjoyed most everything, especially the reminders.

I have had a great time with whole program. It kept me on track.

Love this program!

Moving more and better food choices!

Really enjoyed reading / rereading the book.

Picked up books and read more, less computer time.

I try to be more conscious of my stress levels.

I love the success stories and recipes!

I loved the recipes. This was easy to read and understand.

Three deep breaths and counting my blessings instead of the negatives has made a huge difference in my life.

Thanks for the program I find it was very helpful !!!

Thanks!

I learned some helpful tips, but it would be helpful if the challenge was a little more interactive; however, that is something my college's wellness team could have helped with and we didn't. I know EHA can only do so much.

The stop stress this minute book is great but the biggest stress reliever that I know of is reading my Bible every day and my personal relationship with

Jesus Christ. Cast all your care upon Him for He cares for you. Without his help with stress I would not be alive today!!

I liked it just the way it was presented.

Keep these programs coming!

You did a great job.

I felt this "Stress" part of being healthy is presented with lots of helpful ideas.

I'm so glad we have access to your program.

Think good thoughts

Positive and uplifting!

Still find the program helpful because it is a daily reminder of changes that need to be made and how I can do it.

THANK YOU!

I wouldn't change anything.

No suggestions!!

I like the daily recipes and emails. Helps keep me focused.

The one thing I found lacking in the Stop stress this minute booklet is the importance of faith in God and his Word. I personally find tremendous stress relief, meditating on His Word. The faith we have in Jesus Christ and the verse that states cast all your care on Him because he cares for you provides unbelievable resilience from life stressors.

I find listening to calming music with my eyes shut after a long, hard day, not only relaxes me, it revives me for the rest of the day.

Totally relax several times a day. Control my eating habits when I get stressed.

This is a very good program. I would appreciate recipes that are less involved to make and do use things I might have available at home.

I particularly like the recipes, especially the Tomato Basil Soup.

Thank You!

I love the challenges with the "rewards" at the end.

Stress Management webpage was confusing and little difficult to use

You do a great job of providing such a nice variety of programs! I don't always do them because I have a back issue that prohibits me from doing a lot of kinds of exercise except my physical therapy, but I always enjoy participating when I can. Thank you!!!

I would love to see some interaction with other schools, like maybe a blog, or an interactive site to share and discuss!

Keep doing this awesome program it's such a great program don't change a thing!

If I could go through the program any other month, I would do better. Feb. is my highest stress job and every year I get sick and run down trying to keep it all together.

Thanks for the book.

Keep up the good programs!!!

No changes to suggest at this time.

Nothing I can think of other than putting the book online. I like to carry my kindle

I think the program could've been useful to me if I had more capable Internet access. Thanks for all the work/time for putting the programs together. 😊

Encourage administrators to participate and discuss these ideas with staff members in the future--this could lead to more healthy and supportive school environments!

Include more information about how faith in God provides unbelievable amounts of stress protection. We humans cannot handle life successfully on our own. We were designed by God to need His word and presence. Those

who ignore this help turn to drugs, alcohol, materialism, sex, or some other artificial coping strategy.

The reminders are great

No change recommended, Good Job!!!