



Reduce Stress

<h2>Starting Point</h2> <p>My starting point with stress is:</p>	<h2>Proof</h2> <p>The things I notice when I reduce stress are:</p>
<h2>Actionable Ideas</h2> <p>The strategies that help me reduce stress are:</p>	<h2>Relate</h2> <p>The pillars I focus on to help me reduce stress are:</p>
<h2>Knowledge</h2> <p>What matters to me most about reducing stress:</p>	<h2>Self-Reflection</h2> <p>The goals I’m setting for myself to reduce stress are:</p>



Sleep Better



Move More



Eat Well



Reduce Stress



Deepen Connection



Minimise Harm