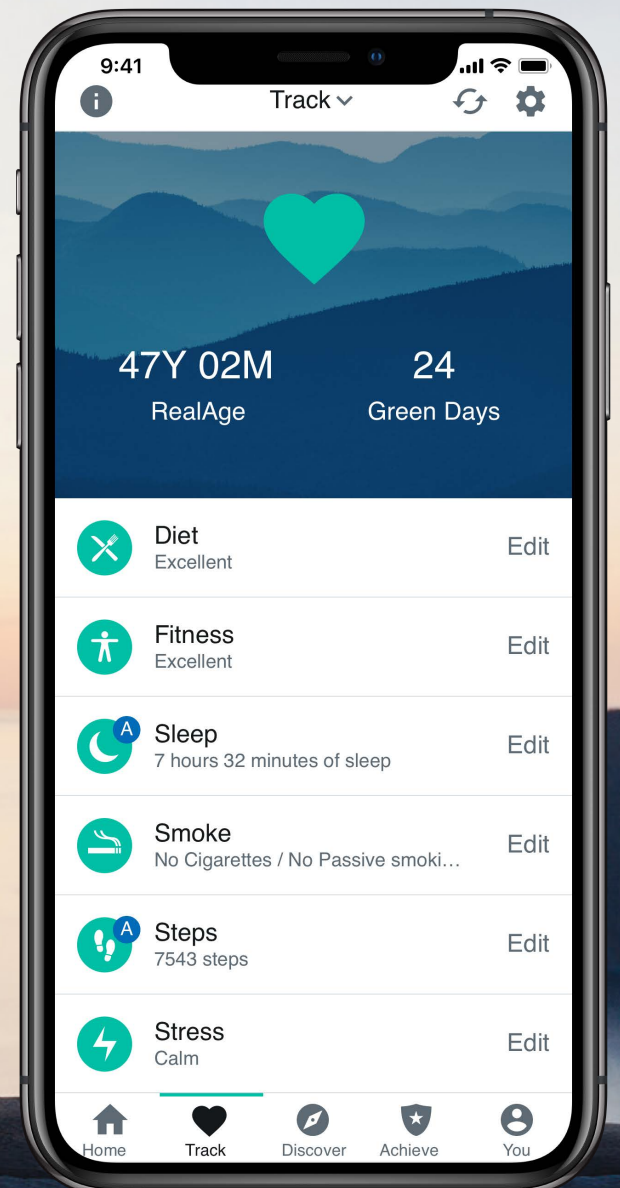


# STRESS LESS CHALLENGE

Learn how to manage your stress through the *BeWellSHBP* Well-Being Program's Stress Less Challenge!



## BREATHE

Breath work and meditation are proven ways to help relax and focus the mind. To get started, take a minute to breathe.

## TRACK

Manually enter your stress levels, from calm to very intense, every day (via the Sharecare app or logged in on [BeWellSHBP.com](https://www.BeWellSHBP.com)) **OR** Utilize our custom voice analysis to analyze the stress fractals in your voice.

## EARN

Be mindful and track calm or productive stress levels for at least 21 out of 30 days. Members who meet the challenge goal will earn **120 well-being incentive points.**

This challenge is offered February, May, August and November. To register, please visit [www.BeWellSHBP.com/stress](https://www.BeWellSHBP.com/stress) and navigate to Challenges under the "Achieve" Tab.