

**Face Your Life 2011**  
**Week: 4 January 31– February 6**  
**“Stress”**

**Name:** \_\_\_\_\_  
**Team #:** \_\_\_\_\_ **Team Name:** \_\_\_\_\_

This week is all about **STRESS!** There is so much to learn about stress...what is stress, what causes stress, how do you deal with stress, how can I cut down the stress in my life...etc, etc, ...

**Important Seminars you will not want to miss this week:**

Lezley Sexton will be giving a Stress seminar on **Monday, Jan. 31<sup>st</sup> 11am** and on **Tuesday, Feb. 1<sup>st</sup>, 5:45pm**  
*Lezley has her masters of science in community counseling from Wilmington University. She is a national certified counselor and also has a license in DE (LPCMH). She is currently a Professor at Wilmington University in the psychology department. She has been in the mental health field working with children and families for ten years.*

*She will be reviewing Stress and the areas it can affect a person, Identify people's reaction to stress in multiple areas in their lives, and coping skills for managing stress with focus on relaxation, time management, diet, and sleep.*

Both Seminars will be held in the multi-purpose room at the Spring Sports Complex.

The **Healthy Knee Seminar** has been rescheduled to **Wednesday, February 2<sup>nd</sup> 11am** in the Multi Purpose Room

Just a reminder...The new Aerobics Schedule is posted. And it is loaded with classes! But, because we are focusing on Stress, and ways to eliminate it, we have added classes and replaced some of the classes with

**Meditation, Relax and Breathe, etc. Please note the changes below:**

**Monday, January 31, 10:15am - 11am Relax and Breathe w/ Blake (add on!)**

**Monday, January 31, 6:45pm – 7:15pm Mediation w/ Kelly**

**Wednesday, February 2, 6:30pm – 7:15pm Relax and Breathe w/ Blake (Instead of Yoga)**

**Thursday, February 3, 9am – 10am Pure Relaxation/ Yoga Nidra (Instead of Restorative Yoga)**

**Friday, February 4, 10am – 11am Paranyama/ Breathing Class w/ Kelly (add on!)**

\_\_\_\_\_ **1,000 points.** Try one of the classes listed above. Did you like it? Would you implement this type of practice in your daily routine? \_\_\_\_\_

\_\_\_\_\_ 500 points. How sensitive are you to stress? Take the attached quiz for points. *You do not need to share your results.*

\_\_\_\_\_ 500 points. What helps you manage your stress? Post how you cope and deal with the stress in your life. *Your method might help someone else.*

\_\_\_\_\_ 200 points. Read the attached article on Stress Management.

\_\_\_\_\_ **1,000 points.** Let's have a good laugh! Each team post one funny joke on your board (500pts) – The funniest joke wins additional points. For another 500 points, as a team, post one goofy way to release stress.

**Exercise Points: 15 minutes = 25 points/ Limit 2-hours a day = 200 points**

Please list your activity followed by the amount of time for each activity, see example below:

Monday, January 31: _____	total _____
Tuesday, February 1: _____	total _____
Wednesday, February 2: _____	total _____
Thursday, February 3: _____	total _____
Friday, February 4: _____	total _____
Saturday, February 5: _____	total _____
Sunday, February 6: _____	total _____

**Total Workout Points (should not exceed 1,400 points):** \_\_\_\_\_

**Total Points for Week #4:** \_\_\_\_\_