

# LEAVE STRESS AT THE FINISH LINE

Stress looks different for everyone, and recognizing it can help you build resilience. **The Stress Less Challenge** asks you to rate your stress level for at least 16 days during the challenge, and helps you find better balance in your day.



## JOIN THE STRESS LESS CHALLENGE NOVEMBER 4TH

Share your best tips and tricks with your colleagues. You can even visit the Challenge Wall to give high fives to your favorite posts. Staying motivated is easier when you encourage each other along the way.

**Registration opens:** November 4, 2024

**Challenge begins:** November 18, 2024

**Challenge ends:** December 15, 2024

### How to Enroll

To get started, sign in to your account and click **Wellness Challenges**.  
If you don't have an account, sign in to **MyBlue** and click under **My Care**.

**Stay motivated and get healthier!**