



# RELAXATION CHALLENGE

**First & Last Name:** \_\_\_\_\_

**Subscriber ID:** \_\_\_\_\_

If you are part of the HealthEZ health plan, please complete the challenge booklet and email it to [LivEZ@HealthEZ.com](mailto:LivEZ@HealthEZ.com).  
For any questions please call 1-800-948-8824

# RELAX & REFLECT

The goal of this challenge is to take time out of your day to relax and reflect on your life. This can mean many different things like meditating, writing, playing an instrument, walking, or simply sitting and reflecting. By doing this, you will be able to take a step back and relieve whatever stress you may have.

Each week you will be challenged to try different relaxation techniques. This will include positive thinking and coping methods to help be in a calming state. After completing the challenge, you should feel comfortable with various relaxation techniques and feel relieved of stress.

## Benefits

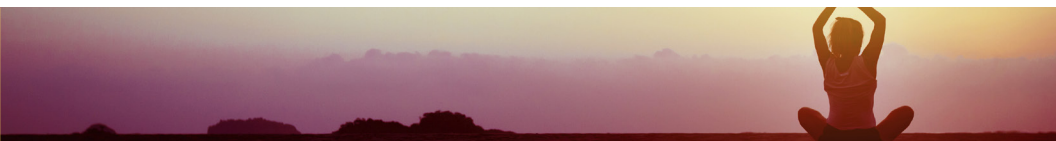
There are many health benefits of relaxation including:

- Slow heart rate
- Lowering blood pressure
- Improving digestion
- Reducing stress hormone activity
- Increased blood flow
- Reduced muscle tension
- Improved concentration and mood
- Decreased fatigue, anger and frustration

## Relaxation is associated with

- Stress relief
- Being more grateful and forgiving
- Working better with others
- General happiness

*As always, consult your physician or primary care doctor before beginning any new nutrition program. This booklet contains general advice aimed at the general population focused on wellness.*



## Instructions

Each week you will be given a new form of relaxation to do. Mark each day that you complete. At the end of the challenge, you should have a new-found understanding of different ways to relax. The challenge lasts 5 weeks, which means you have 35 days of relaxation. There are spots for notes at the bottom of each page to write down observations you may have. Good Luck!

## Week 1: Relax and Reflect

Take 10 minutes out of your day to relax and reflect on what is going on in your life. Find a quiet place to sit and think. Focusing on something without any distractions can be very calming.

<input type="checkbox"/>	Day 1	<input type="checkbox"/>	Day 2	<input type="checkbox"/>	Day 3	<input type="checkbox"/>	Day 4
<input type="checkbox"/>	Day 5	<input type="checkbox"/>	Day 6	<input type="checkbox"/>	Day 7		

## Week 2: Listen to Music

This week you are listening to music. Sit, lay down, or walk around somewhere while listening to some music. You can choose any song that you find most relaxing. We recommend listening to uplifting or calming music.

<input type="checkbox"/>	Day 1	<input type="checkbox"/>	Day 2	<input type="checkbox"/>	Day 3	<input type="checkbox"/>	Day 4
<input type="checkbox"/>	Day 5	<input type="checkbox"/>	Day 6	<input type="checkbox"/>	Day 7		

## Week 3: Exercise

This week will be focused on physical activity. This does not need to be a hard workout or exercise, but should be outside if the weather permits it. You can choose to go for a walk, ride a bike, play a sport, stretch, lift weights, or anything that can get you a nice calorie burn.

<input type="checkbox"/>	Day 1	<input type="checkbox"/>	Day 2	<input type="checkbox"/>	Day 3	<input type="checkbox"/>	Day 4
<input type="checkbox"/>	Day 5	<input type="checkbox"/>	Day 6	<input type="checkbox"/>	Day 7		

## Week 4: Meditation

This week you will try meditating. Meditation is great because you can do it anywhere at any time and is shown to improve mental and emotional health. To start, find a quiet place and sit or lie in a comfortable position. Close your eyes and breath naturally. Focus on a positive idea or thought, and reminisce on your life for a miniumum of 10 minutes.

<input type="checkbox"/>	Day 1	<input type="checkbox"/>	Day 2	<input type="checkbox"/>	Day 3	<input type="checkbox"/>	Day 4
<input type="checkbox"/>	Day 5	<input type="checkbox"/>	Day 6	<input type="checkbox"/>	Day 7		

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Notes:

## Week 5: Reading

This week take time out of your day to read. This can be a book, poem, magazine, or news. Each day find a quiet place to read for at least 10 minutes or however long you would like.

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**Day 1**

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**Day 2**

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**Day 3**

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**Day 4**

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**Day 5**

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**Day 6**

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**Day 7**

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Notes:

# GOOD JOB!

We hope this challenge helped you relieve some stress and feel more relaxed. Continue to find time in your day to relax and reflect to live a happy and stress-free life! Thank you for your participation.

1. After finishing the challenge, do you feel like you are less stressed and/or more relaxed?
2. At which time of the day did you most commonly relax and reflect?
3. Did you ever relax and reflect multiple times a day or for long periods of time?
4. Do you think you will continue to include relaxation techniques in your daily routine?

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