



## **Week 5: Stress Management**

The emphasis for week 5 of our challenge is on managing our stress levels. We all have stress, and during the holidays stress can be a joy-robber. The only way to get “rid” of stress is to get rid of what causes it, and in many cases that’s impractical or even impossible. However, it is possible to find healthy ways to minimize the effects that stress can have on your health and well-being. Here are some websites that may help you:

1. <https://cooperaerobics.com/Health-Tips/Stress-Less/Your-Body-and-Stress.aspx>
2. <https://cooperaerobics.com/Health-Tips/Nutrition-Bites/How-to-Manage-Stress-Eating.aspx>
3. <https://cooperaerobics.com/Health-Tips/Stress-Less/The-Impact-of-Stress-on-Overall-Health-and-Fitness.aspx>
4. <https://cooperaerobics.com/Health-Tips/Fitness-Files/Managing-Stress-with-Exercise.aspx>