The Challenge: Sign up for and login to the StressStop.com learning portal. Complete the Stress Profiler and write down an action plan for your three highest categories. Put effort into following your action items.

Tell me that again, but slower this time: Our employees and spouses can participate in a learning portal created by a leader in stress management. Go to the Nebo Wellness website [http://wellness.nebo.edu/](http://wellness.nebo.edu/) and sign up under the “StressStop Wellness Challenge—Signup”. After you sign up, you will be sent an email with the URL to self-enroll. Complete the Stress Profiler of 10 questions in 10 categories. It will take about 20 minutes. Write down at least one personal action item for each of your top three stress categories. Use the site as a resource to help you develop the action items.

Why this challenge?

Why this challenge?

What causes us stress? Educators are in a profession that experience a high level of stress. Research shows that if we identify our stress demons, and then learn how to effectively manage them, we can have more calm in our life and less chaos. There are skills to be learned in successful stress management. We need some organization in our lives. Complete the Stress Profiler to understand your stress demons and write a personal action item for your highest three categories.

Report compliance by October 5th at: [http://www.nebo.edu/healthychallenge/](http://www.nebo.edu/healthychallenge/)

Gimme My Stress Profiler Sept 2014

1. Category:
   Action plan: _______________________________________________________

2. Category:
   Action plan: _______________________________________________________

3. Category:
   Action plan: _______________________________________________________