

# Finding Balance

Week 8: Rate your progress



## Looking ahead to a less stressed life

Over the past 8 weeks, you've seen how being aware of your response to stress can help you manage it. And by writing down your thoughts in your workbook, you created a place to revisit anytime you need a reminder of what worked best for you.

By finishing this program, you've taken a meaningful step toward a less stressed life. This week, you'll have a chance to look back and see how far you've come. Rating your progress in this final workbook activity might even inspire some new ideas or goals for the future.



### Keep up the good work

Stress management is like any skill – the more you practice, the easier it gets. If you met the goal you set for yourself, try setting another one to keep the momentum going!

If you're still feeling the negative effects of stress, try doing the program again, or talk to your doctor for advice and additional resources.



Open your stress management workbook and complete the final assessment.