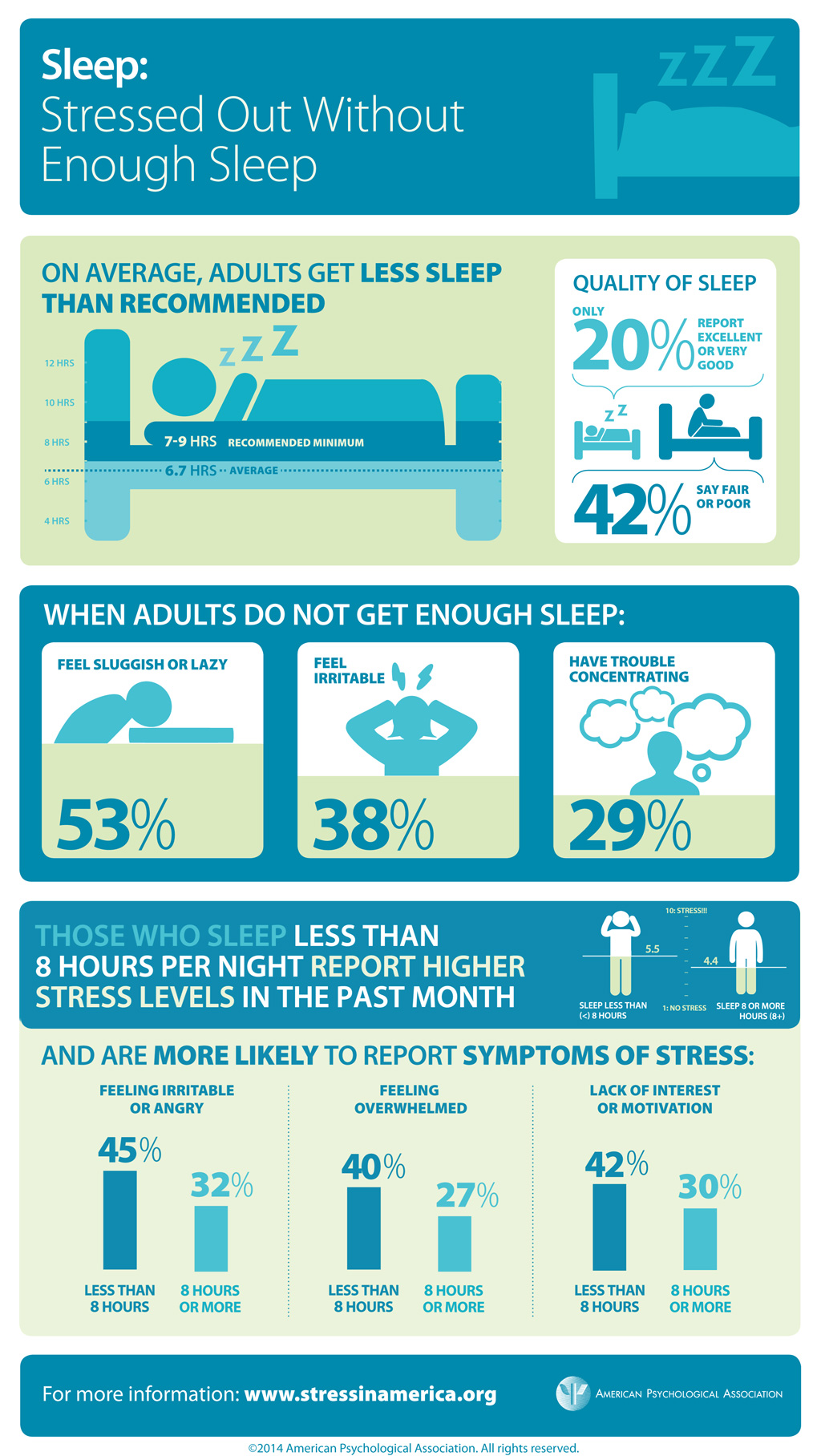
**Fourth Week: Stress and Emotion**

**Managing Stress:**

* Stress has the ability to have some major health affects on the body such as sleep problems, overeating, exercising less, depression, and a multitude of others
* A form of helping with stress is using what we call a Gratitude Journal
* This Journal can be used for any sort of writing or reflection that can include goals, accomplishments, or reflection on a particular time period
* The journal will allow for expression for both individuals who do and do not feel comfortable sharing with others
* Before/After Bed:
* An individual should reflect on what they have accomplished or can make better from the day
* Planning ahead for the next day or time period is key for staying organized and on task
* Make sure we are eating breakfast each morning and starting the day off right
* Meditation can be key in relieving or managing stress because it allows an individual to express themselves through an activity that speaks to them
* There are many different ways to meditate such as yoga, walking, guided imagery, or even just concentration
* The key is relaxation
* Meditation can help with bodily processes and certain health aspects
* Yoga: is a possible workout but also can be used to relax the body and mind before bed
* See attachment for activity

**Are we eating smart?:**

* Eating is very much about enjoyment, however we should be eating for our bodies and function
* Foods should be eaten such as fruits, vegetables, and non-fatty protein that can help us use our brains and bodies to their fullest on a daily basis
* Eating unhealthy foods such as pizza, while it tastes good, does not help us become healthier and has no nutritional affect on our body
* Allowing our bodies to perform at the highest level should be our goal and eating smart will allow that
* Emotional eating can be a bad habit that leads to an unhealthy living/eating style
* More times than not emotional eating consists of junk/unhealthy food
* Mass amounts are general eaten during these emotional outbursts

