

How can a wellness coach help me improve my health?

A wellness coach can provide a number of benefits, including:

- **Goal setting:** A wellness coach can help you set realistic and achievable goals.
- **Education and motivation:** A wellness coach can provide education and resources on various health topics, and help you stay motivated to make positive changes in your life.
- **Stress management:** A wellness coach may provide techniques and strategies to help you manage stress and improve your overall mental well-being.
- **Sustainability:** A wellness coach can help you make sustainable changes to your lifestyle that will benefit your health in the long term.
- **Improved physical health:** A wellness coach can provide guidance on how to improve your physical health, including exercise, nutrition and sleep.
- **Improved mental health:** A wellness coach can help you improve your mental health by providing resources, support and guidance to address any mental health concerns you may have.

Remember the My Stress Tools Wellness Coach is pre-recorded and NOT live. So you won't get customized advice but may obtain all of the benefits described above. Try it out and see for yourself.



TASK TIME: 2 MINUTES

Exercise:

Take 2 minutes a day this week to learn about wellness and how to implement it in daily living.

Wellness Coach Week 1 Day 2

[Watch Now!](#)

Learn what wellness is in this short video.