

## WEEK 6 STRESS & SUCCESS SABOTAGE

### WELCOME TO WORKSHOP 6

This week's topic is on one of the biggest things that can get in the way of achieving or maintaining results – stress and other success sabotages. And so, we intend for this workshop to help set you up for maintaining your results and achieving any other health and wellness goals in the future.

#### 01. STRESS AND ITS SABOTAGING EFFECTS

In your group, brainstorm some common stresses or sabotages that we face day-to-day that could potentially interfere with your results. Nominate one person in the group to write these down. You have 2 minutes to come up with your list.

Now, brainstorm and write down some of the ways that you think feeling or experiencing stress may sabotage health or weight management goals. You have 2 minutes to come up with your list.

Brainstorm and nominate one person to write down some actions or activities to reduce the effects of stress on the mind and body. You have 2 minutes to come up with your list.



# FOOD & MOOD

## COACHING

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#### 02. SLEEP HEALTH

After your group discussions, make notes below on:

+ What good sleep looks like:

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+ How to make your environment more conducive to optimal healthy sleep:

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