



MyStressTools Scavenger Hunt

MyStressTools is a free suite of wellness resources that help manage stress and anxiety. This scavenger hunt is designed to help you learn more about these resources. To get started, log into your **MyMESSA member account at messa.org**. Select **"Wellness Resources"** in the left menu, and then select **"MyStressTools"**.

1 What is your **stress profile** number? _____

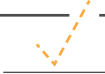


2 How many icons do you see in the **MyStressTools** menu? _____




4 Watch Week 1, Day 4 of the **Mindfulness Minute** series. _____


How do you feel? _____



5 Go to the **Q&A** section and give one tip shared by Raquel Garzon for motivating yourself to do something when you don't feel like it.



6 What is one benefit of **journaling** stress?



7 Read the article **Deal with Stress, Your Immune System and The Coronavirus**. What are 3 tips to improving your immune system?

1. _____

2. _____

3. _____

