



## SESSION 5: THE HAPPINESS FACTOR

Session 5 is all about the connection between happy and healthy, including plenty of strategies for finding your own version of happiness, as well as tips on managing stress, practicing self care, and moving your body in a way that brings you joy.

### NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

### IDEAS I'D LIKE TO TRY

Were there any strategies that sound interesting?





## SESSION 6: MIND TUNE UP

Session 6 provides a helpful tool for balancing your energy focus to manage stress, and dives into depression and how to manage feeling low. Plus, learn about sick days and come up with your own plan for how to handle them.

### NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

### IDEAS I'D LIKE TO TRY

Were there any strategies that sound interesting?

