

**Stress Less.  
Live Your Best!**

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

**Wednesdays**

**May 20 & 27**

**9:30 am - 10:30 am**

Make a list of things that  
are stressing you right now.



AGRI LIFE  
EXTENSION

## **Mindfulness**

**CAN BE DEFINED AS THE  
PRACTICE OF REDUCING  
STRESS.**

### **BE INTENTIONAL:**

- **Begin with Breath**
- **Mindful Eating**
- **Thoughtful Surfing**
- **Be Kind to your Mind**
- **Laughter is the Best**

## **Strategies to Stress Less**

### **Focus on the Five:**

- 1. Practice\Positivity**
- 2. Engage in Physical Activity**
- 3. Do Things You Enjoy**
- 4. Connect with Others**
- 5. Get Enough Sleep**

**Sign up online or in person today!**

**SPONSORED BY THE ROCKWALL COUNTY FAMILY & COMMUNITY HEALTH COMMITTEE**