

Restore



Rest, relax and restore your well-being during the Healthy Hearts! Healthy You!
Stressless challenge.

Register by **October 23** at webmdhealth.com/zollwellness.

ZOLL



HEALTHY HEARTS!
HEALTHY YOU!

WebMD
HealthServices

This challenge is not eligible for points toward your Reward.
However, upon completion of the challenge, you'll be entered to win **ZOLLbenefits.com** swag.

How it works

During Stressless, you'll track your downtime for 21 of 28 days between **October 16** and **November 12**. Take five minutes to relax for 14 days to be entered to win ZOLLbenefits swag and enjoy better well-being! Record your progress on webmdhealth.com/zollwellness.

Enjoy downtime every day

Taking a few moments to clear your mind can help you feel refreshed and ready to take on the day. Even better, "me time" can help you become more mindful, which can help you sleep better, stay on top of stress and improve your heart health.

Know the signs of stress

Stress can affect your well-being in ways you might not expect. To protect your health, learn to recognize stress before it harms you.

- **Difficulty sleeping** Too much stress can make it hard to turn your brain off and fall asleep.
- **Regular headaches** Stress can make you irritable and more prone to headaches.
- **Upset stomach** High stress can interfere with how you digest food, causing discomfort.
- **Mood swings** Stress can cause you to become bothered more easily and more often.
- **Food cravings** Stress can make you crave your favorite comfort foods.

Meditate for your well-being

Meditation can be as simple as focusing on the moment while walking, cooking or drawing. Want to try traditional meditation? Follow the steps below.

- **Get cozy** Sit or lie with your eyes closed.
- **Breathe** Breathe naturally and focus on how air moves in and out of the body.
- **Find your focus** If your mind wanders, acknowledge your thoughts, let them go and return your focus to your breath.

Find support from a coach

Stay motivated and on track toward your goals—during the challenge and beyond!

Connect with a health coach today by calling **866.513.2506**

or visiting webmdhealth.com/zollwellness.

SOURCES

Harvard Health Publishing: "Mindfulness: Not just for stress reduction", Jstor: "Psychosocial stress and impaired sleep", Mayo Clinic: "Headaches: Reduce stress to prevent the pain", Harvard Health Publishing: "Why Stress May Cause Abdominal Pain", Better Health Channel:



Doctor Verified

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