Integrate strategies into your daily life to manage your stress

Many of us get so caught up in the fast pace of life that our day-to-day level of stress can feel overwhelming. In this 5 Day Mental Fitness Challenge, we’ll focus on making small changes throughout the day that will lead to big differences in your level of stress by the end of the day.

The goals of this challenge include:

* Identify the triggers that cause you stress
* Increasing your awareness and pattern recognition of how stress affects you
* Increase your stress management toolkit
* Learn to use strategies before, during, and after stressful events
* Increase the frequency that you feel more positive and relaxed

The challenge starts Monday, November 6thth and ends Friday, November 10th, 2017.

You can join to the Daily Stress Management challenge by [signing in to your Starling account](https://app.starlingminds.com/). You can find the challenge on your My Starling page or on the Challenges page.

As always, there are no fees to join the challenge. Even if you’re busy, it only takes 5-10 minutes of mental exercises a day to improve your stress management skills.

We hope to see you soon!



The Starling Team

*Ps. You need to be a registered Starling member to join this challenge. If you haven’t registered yet, you can do so* [*here*](https://app.starlingminds.com/registration)*.*