Find Your Top 3 Relaxers

**Stress & Metabolism**

|  |  |
| --- | --- |
| **Parasympathetic** | **Sympathetic** |
| * Feel & Heal * Rest & Digest * Metabolism Goes Up * Fat Burning | * Stress Response * Digestion Shut Down * Metabolism Slows * Fat Storing |

**My Top 3 Stressors My top 3 relaxers**

1. 1.

1. 2.

1. 3.

**The self-care action step I am most excited to try this week is:**

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