

# Mediterranean Wellness

## Accountability Card

### Week 5

This week we start to realize that managing our weight and health is more than just what and how we eat. We need to manage our stress. This week focus on managing the stress in your life.

1. Laugh out loud at least once a day. Share a laugh with a loved one.
2. Breathe. It is so much easier said than done but we really need to take time to practice our breathing exercises. It can make a world of difference. Inhale and Exhale.
3. How are you sleeping? What can you do to try to unwind come evening time?

	<b>Estimate # times you laughed today.</b>	<b>What time was your 1st and 2nd breathing practices?</b>		<b>What is your singular focus?</b>	<b>Rank how well you slept (1-10)</b>
<b>One</b>					
<b>Two</b>					
<b>Three</b>					
<b>Four</b>					
<b>Five</b>					
<b>Six</b>					
<b>Seven</b>					

