

## Reduce stress. Take the QPAT/APEQ five-day mental fitness challenge

QPAT/APEQ is pleased to offer all members the **Starling Minds** program, designed to help improve mental wellness and resiliency. We invite you to register today for a five-day mental fitness challenge for stress management that starts on **February 19, 2018**.

This challenge focuses on making small changes throughout the day that will lead to big differences in your level of stress by the end of the day.

Starling Minds is confidential and free to use for QPAT/APEQ members and their families.

The goals of this challenge include:

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

The challenge starts **Monday, February 19** and ends **Friday, February 23<sup>rd</sup>**.

You can join to the Daily Stress Management challenge by **signing in to your Starling profile**. 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

*P.S. You need to be a registered Starling member to join this challenge. If you haven't registered yet, you can do so [here](#) with your QPAT/APEQ member number.*