



Fall Out of Stress Challenge

October 7 to November 1, 2024

Take control of your emotions and explore new ways to embrace a stress-free fall season for a better you.

- Earn points by identifying your life stressors and taking the steps to manage them.
- Prioritize stress management by focusing on emotional expression, community engagement, physical movement, and financial wellness.
- Share your journey and get inspired by others throughout the challenge by participating in the Fall Out of Stress Teams Channel.

Earn \$25 or 6,250 points in wellness rewards.

**Register for the Fall Out of Stress Challenge
(deadline October 8)**

Must be signed in to Okta to register.



Pinellas County Wellness Program
wellness@pinellas.gov
(727) 464-3367, option 1



9/4/24