

TAKE TEN FOR STRESS RELIEF CHALLENGE



412 people participated

Most common reasons for stress among participants are job pressures and time constraints.

Most people breathe 14 times/minute during relaxing activities

Over 36,265 minutes spent in stress relief activity

That's equal to 507,710 relaxing breaths

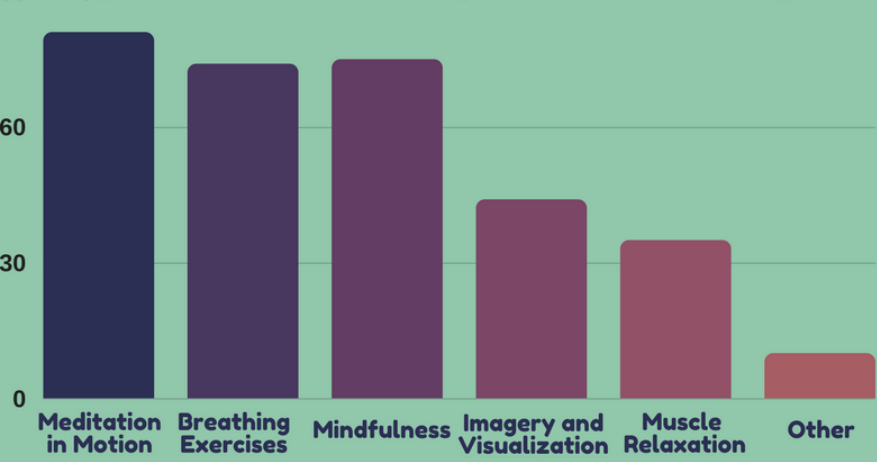
80 % are more aware of resources

62 % tried something new

99 % plan to continue stress relief activities

77 % challenge helped them reduce stress

Types of Activities Completed in Percentages



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