



# Let's Let Go Activity

## Focus Area: Well-Being

**Objective:** To help decrease stress by purposely thinking about worries and fears at an allotted time each day

**Length of Challenge:** Two weeks (can be shortened or extended)

## Materials Needed:

- Sign-Up Sheet/Form (recommended)
- [Personal "Let Go" Worksheet](#)
- [Participation Log](#) (Responses are anonymous and go to WFHTN.)
- Prizes (optional)

## Directions:

1. Participants will use the personal worksheet to log, plan and let go of their fears during their "worry time" each day.
2. Log anonymous participation on the WFHTN [Participation Log](#).

**Regional/Satellite Offices & AWS Employees:** This activity can be hosted across regional/satellite offices and/or with AWS employees.



WFHT.TN@tn.gov



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