

10 Quick and Impactful Journey Recommendations (<https://tew.redbrickhealth.com>)

- **10 Minutes a Day to Stress Less (2 stages):** Feeling stressed? Overwhelmed? It doesn't take much time to shrink your stress level, but it does take consistency. Invest 10 minutes a day in yourself, so you can be more clearheaded and energetic all day. **Can be completed in 1-2 weeks.**
- **Cart Hero (3 Stages):** Ready for healthier choices in your grocery cart? This Journey will open your eyes. Learn where the healthiest foods are, and tricks for fast meal prep. No need for a lot of time and money! Just some planning and a sense of adventure. **Can be completed in 1 week.**
- **Choose a New Attitude (2 Stages):** Stressed? Worried? Angry? Simply down? Don't let everyday problems get the best of you. Learn how you can shift your attitude toward the positive, lessen your stress hormones and find joy in life. **Can be completed in 1 week.**
- **Plan Your Day for Sleep (2 stages):** Picture this: You, well-rested. This smorgasbord of daytime practice will help your mind, body and bedroom prepare for a gentle slide into nighttime slumber. **Can be completed in 1-2 weeks.**
- **Smart Snacking (3 stages):** Good news: Smart snacking keeps you fueled while you work toward a healthy weight. So don't deny yourself. Practice finding the leanest, meanest snacks. Learn how to survive tough snacking situations. Power up your usual snacking routine. **Can be completed in 1-2 weeks.**
- **Shrink Your Debt (3 Stages):** You've been lugging that financial debt around long enough! Time to lighten your load. Embrace new money habits, avoid financial traps and discover pocketsful of money in places you hadn't thought to look. **Can be completed in 1 week.**
- **Start now, Retire Happy (2 Stages):** Picture your retirement. Are you relaxed and grinning? Let's help you get there. Find new sources of money and simple, painless ways to help your retirement account grow big and strong. **Can be completed in 1 week.**
- **Strengthen Your Core (2 Stages):** A strong core means more than six-pack abs. Strong muscles in the center of your body can make every day easier, from tasks at work to picking up your kids to moving that sofa. Practice simple moves that will help you look better, feel better and avoid back pain. **Can be completed in 1 week.**
- **Use What You Have (2 stages):** You don't need special equipment or a pricey gym membership to get in shape. Learn how to use everyday items around your home — and office — to sneak in a full workout. The payoff: more money in your pocket, less clutter in your home, and a stronger, fitter body to boot. **Can be completed in 1 week.**
- **Your Meds: Find Ways to Save (2 stages):** Medicines can cost a small fortune. But there are tips and tricks that can help you save. Uncover savings, decode your insurance coverage and learn to steer clear of overpriced meds. Stop paying a penny more than you have to! **Can be completed in 1 week.**