

Stress Management Newsletter April 2023

Stress Management Resources

We are committed to offering stress management strategies to help you better deal with stress, adversity, and challenges in your life. Managing stress can help you lead a more balanced, healthier life.

What is stress?

Stress is a natural physical, mental, and emotional reaction to a difficult situation. It is an everyday occurrence for everyone. Stress can promote personal growth, development, action, and positive change when stress is used constructively. But persistent negative stress might lower your level of well-being.

Methods for reducing stress include:

- Exercise
- Eat Well
- Sleep Well
- Meditation
- Self-Care
- Connect with Others

Our organization offers numerous initiatives to encourage the usage of our opportunities to achieve overall employee wellness and manage stress.

- IncentFit
- Gym Reimbursement
- Walking Club
- Mental Health Awareness Month
- Yoga
- Employee Assistance Program (EAP)
- Paid time off (PTO) for health screenings













Stress Management Initiatives

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IncentFit has inclusive solutions with everything you need to fully engage and support employees on their personal wellness journey. With a sophisticated balance between automation and personalization. IncentFit makes cultivating happier, healthier teams simple & rewarding.

- Engage employees with fitness and wellness challenges.
- Build healthy habits with individualized goals.
- Improve health literacy with dynamic health content & newsletters.
- Measure population health with annual health risk assessments.
- Monetary reward for participation.



Gym Reimbursement

- Gym membership reimbursement as part of an overall focus on wellness benefits.
- We offer up to \$400 per Gym Reimbursement for full-time employees.

Walking Club

The Walking Club will meet every Tuesday and Thursday at 12 noon. The team meets at noon for a 30-to-45-minute walk during their lunch hour.

The benefits of walking as per the American Heart Association-

- **♣** Think better, feel better, and sleep better.
- ♣ Reduce your risk of serious diseases like heart disease, stroke, diabetes, and several types of cancer.
- ♣ Improve your blood pressure, blood sugar, and blood cholesterol levels.
- ♣ Increase your energy and stamina.
- Improve memory and reduce your risk of dementia.
- ♣ Boost bone strength and reduce your risk of osteoporosis.
- Prevent weight gain.
- Connect with team members.



Yoga

Yoga is offered via ZOOM every Sunday at 10 am.

The benefits of Yoga include:

- **4** Stress Management.
- **4** Boost your energy.
- **♣** Improves sleep quality.
- **♣** Helps reduce anxiety.



Mental Health Awareness Month

Mental Health Awareness Month is an observance meant to bring awareness to mental health challenges. Mental Health Awareness Month will include offering virtual courses, selfcare practices, Yoga, and exercise sessions. These activities aim to engage our team members, reduce stress, and remove the stigma associated with mental health issues.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	IncentFit Self-Care Challenge	Walking Club 12 Noon	3 Free EAP resources Home - National EAP Login- AHRC PW- AHRC	Walking club 12noon	Breath! Try a 5-minute Beathing exercise or meditation.	Call an old Friend
7 Sunday Yoga W/ Nikki Katz 10 am	Schedule an outdoor meeting	9 Walking Club 12 Noon	Mental Health Awareness Seminar Registration (gotowebinar.com)	Walking Club	Eat at least 5 fruits & veggies today.	13 Write down what you are grateful for.
L4 Sunday Yoga W/ Nikki Katz	Eat Lunch Outdoors	16 Walking Club 12 Noon	17 Relias Training Avoiding Burnout in the Workplace	18 Walking Club 12 Noon OneStop Pop-Up Plainview	Drink 8 glasses of water! OneStop Pop-Up Freeport	20 Unplug from socia media
Sunday Yoga W/ Nikki Katz 10 am	Schedule your Doctors' Appointments	Walking Club 12 Noon	24 Mindful Meditation Home – eMindful	25 Walking Club 12 Noon OneStop Pop-Up Plainview	26 Wear Green for Mental health Awareness! OneStop Pop-Up Freeport	Exercise for at least 30-minutes
Sunday Yoga W/ Nikki Katz 10 am	Memorial Day!	30 Walking Club 12 Noon	31 Wellness Wednesday OneStop Pop-Up Brookville		EN TH STI	E IGMA

 $^{{\}rm **The\ One\ Stop\ gift\ shop\ will\ host\ a\ POP-UP\ shop\ featuring\ Mental\ Health\ Awareness\ products.}$

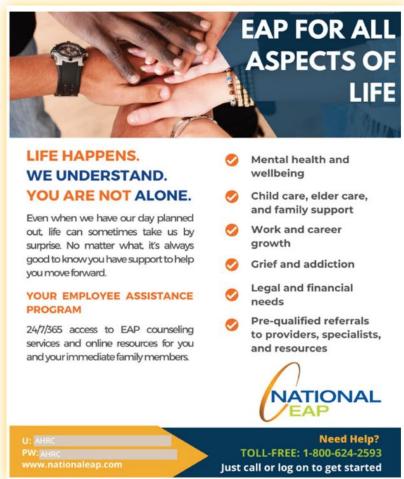


Employee Assistance Program (EAP)

National EAP is the nation's premier provider of employee assistance programs and services. We are a results-driven, confidential resource for employees struggling with personal or professional challenges that may interfere with their work performance.

NATIONAL EAP HELPS WITH THESE PERSONAL AND WORKPLACE CHALLENGES:

- Grief, anxiety, depression
- Conflicts with peers or supervisors
- Family and marital conflicts
- Alcohol/substance abuse
- Childcare and eldercare needs
- Health challenges
- Stress and anxiety
- Emotional difficulties
- Financial/legal difficulties
- ID theft recovery
- Parenting concerns
- Domestic abuse



Employee Benefit

Paid time off (PTO) for health screenings

Our company offers <u>4</u> hours of PTO for health screenings and medical appointments.