



Stress Management Newsletter

April 2023

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 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.





Stress Management Initiatives

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



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 your mental and emotional well-being and reduce the risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.
- Prevent weight gain.
- Connect with team members.



Join Nikki
Katz for
Virtual
Yoga on
Sundays!



Questions? Contact Brandon Lyons, Health and Wellness Coordinator, 516-293-1111 Ext. 5403 or blyons@ahrc.org

Yoga

Yoga is offered via ZOOM every Sunday at 10 am.

The benefits of Yoga include:

- Stress Management.
- 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, self-care practices, Yoga, and exercise sessions. These activities aim to engage our team members, reduce stress, and remove the stigma associated with mental health issues.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 IncentFit Self-Care Challenge	2 Walking Club 12 Noon 	3 Free EAP resources Home - National EAP Login - AHRC PW- AHRC	4 Walking club 12noon 	5 Breath! Try a 5-minute Beathing exercise or meditation.	6 Call an old Friend.
7 Sunday Yoga W/ Nikki Katz 10 am 	8 Schedule an outdoor meeting 	9 Walking Club 12 Noon 	10 Mental Health Awareness Seminar Registration (gotoweinar.com)	11 Walking Club 12Noon 	12 Eat at least 5 fruits & veggies today.	13 Write down what you are grateful for.
14  mother's Day! Sunday Yoga W/ Nikki Katz	15 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	19 Drink 8 glasses of water! OneStop Pop-Up Freeport	20 Unplug from social media
21 Sunday Yoga W/ Nikki Katz 10 am 	22 Schedule your Doctors' Appointments 	23 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	27 Exercise for at least 30-minutes
28 Sunday Yoga W/ Nikki Katz 10 am 	29 Memorial Day! 	30 Walking Club 12 Noon 	31 Wellness Wednesday OneStop Pop-Up Brookville			

**The One Stop gift shop will host a POP-UP shop featuring Mental Health Awareness products.

*Sunday Yoga **10 AM**

Via Zoom <https://us04web.zoom.us/j/77525257631?pwd=7aVaT62dHtwPPIE2EcgsPa5lQcu4mK.1>

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



EAP FOR ALL ASPECTS OF LIFE

**LIFE HAPPENS.
WE UNDERSTAND.
YOU ARE NOT ALONE.**

Even when we have our day planned out, life can sometimes take us by surprise. No matter what, it's always good to know you have support to help you move forward.

YOUR EMPLOYEE ASSISTANCE PROGRAM

24/7/365 access to EAP counseling services and online resources for you and your immediate family members.

- ✓ Mental health and wellbeing
- ✓ Child care, elder care, and family support
- ✓ Work and career growth
- ✓ Grief and addiction
- ✓ Legal and financial needs
- ✓ Pre-qualified referrals to providers, specialists, and resources

NATIONAL EAP

U: AHRC
PW: AHRC
www.nationaleap.com

Need Help?
TOLL-FREE: 1-800-624-2593
Just call or log on to get started

**Employee
Benefit**

Paid time off (PTO) for health screenings-

Our company offers 4 hours of PTO for health screenings and medical appointments.