LEARN TO DESTRESS

Educators Benefit Services—Learn to Destress

November

Filled with party planning and family events, the holiday season is a stressful time of year. But that’s why it’s the perfect time of year to learn to cope with everyday stressors in a healthy way.

When we recognize that stress is building up, it’s time to take care of ourselves. The basics are crucial—eating well, being physically active and getting enough sleep. Try some relaxation techniques, too. Deep breathing and imagining a peaceful scene might help you unwind. Some people find yoga, meditation or tai chi helpful.

Sometimes, it’s difficult to cope with stress. Excess stress can seriously interfere with the ability to perform effectively. It can affect health, vitality and peace of mind, as well as personal and professional relationships. Ongoing stress may lead to issues such as depression, substance abuse or compulsive behaviors. Don’t hesitate to talk to your doctor or seek help from a professional counselor.

Suggested Monthly Wellness Activities

- Email Article—10 Tips for Less Stress
- Email Article—Smartphone use and stress
- Promote—Yoga, Mindfulness, or Meditation Classes on Campus.
- Send out tips on Managing Stress
- Relaxation Coloring Contest
- Provide Chair Massages, Essential Oil Workshop, or Spa Gift Card
- Market delivery meals to campus or homes like HomeChef, HelloFresh, GrubHub, UberEats to help with the stress of nightly meal preparation.