



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

# Wellness Newsletter

## April: Stress Management

Guidance Resources is our free, confidential employee assistance program. Call: 800-460-4374

### NEED STRESS RELIEF ? TRY THE 4 A's

Stressors, good and bad, are a part of every day life. But there are techniques you can learn to aide you in dealing with day to day stress.

#### Try practicing the 4 A's: Avoid, Alter, Accept, and Adapt.

**Avoid-** Plan ahead and rearrange your surroundings to avoid known triggers. Try to avoid people who bother you. Learn to say "no" when your time demands are too great.

**Alter** - take inventory then attempt to change your situation for the better. Manage your time better. Communicate your feelings. *Respectfully* ask people to change their behavior.

**Accept**— Sometimes we have no choice but to accept things for the way they are. Talking things out with a friend or family member can often help. Practice forgiveness—it takes more energy to be & stay angry. And always learn from your mistakes so you can move forward.

**Adapt** - Adapting involves changing your

standards or expectations. Try looking at your situation from a new viewpoint. Stop gloomy thoughts immediately before they consume you. Tell yourself "I can handle this" and mentally repeat it during tough situations. Look at the big picture - ask yourself "Will this matter in five years?"

Most importantly, know when to seek professional help. By practicing these tips you'll be able to pull out just the right tool that will keep you happy & balanced.

(Reference: www.Mayoclinic.org)

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#### What's Happening?

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Healthy Eating Classes at Rutgers -

Topic- THE "DASH DIET"

Date: Wed 4/16 at 5 PM

Register in advance at: [www.cmcwellness.org](http://www.cmcwellness.org)

April 11th is the national Child Abuse & Neglect Day. We are asking you to show your support by **WEARING BLUE** (see attached flyer)

Stressed? Come to "Intro to Mind / Body Relaxation" at the WC April 14th at 4:15. You hold the tools to reduce stress in your life. (see the attached flyer)

All are welcome!

#### STRESS BUSTERS -

- Did you know ... physical activity helps your mind and your body. Take a walk, go to the gym. Just get moving! Those exercise endorphins will naturally lift your mood.
- Eat a balanced diet and don't skip meals. Try eating from all food groups and limit your caffeine intake. Caffeine can trigger anxiety and panic attacks.
- Get involved. Doing volunteer work or being active in the community creates a support network and makes you feel good.
- Put things in perspective. Think about your situation. Ask yourself if it's really as bad as you think.
- Talk to someone. Don't let things bottle up inside you. Know when to ask for professional help.
- Take a time out. Take a deep breath and count to 10. Practice the "24 hour rule". Stepping back from a problem lets you clear your head. Learn relaxation techniques. Practice Yoga, Qigong, Tai Chi, meditate, get a massage. Listen to music.



Most importantly . . . Laugh more !



Melissa & Debbie from the Clerks office were sad to see the BP machine leave their office. It has moved to the jail for employee access thru April. If your office wants to host, please call the Wellness Division at 465-1087.

Sign up for a free employee Health Clinic at the Wellness Center! April 3rd & 10th, May 1st & 8th; April 24th at BSS. Need more info? Contact the WC at 465-1087. Register at: [www.cmcwellness.org](http://www.cmcwellness.org)