

Stress Awareness & Humor



Relaxation techniques are an essential part of stress management. If you're an overachiever, you may put relaxation low on your priority list. Don't shortchange yourself. There are active ways of achieving relaxation. Relaxation is valuable for maintaining your health and well-being, and for repairing the toll that stress takes on your mind and body.

Almost everyone can benefit from learning relaxation techniques, which can help to slow your breathing and to focus your attention on the here and now. Relaxation is embodied in the concept of enjoying the moment, rather worrying about the uncertainties of the future.

Common relaxation techniques include:

- meditation
- mindfulness
- tai chi and yoga
- walking outdoors or other activities

It doesn't matter which relaxation technique you choose. What matters is selecting a technique that works for you and using it regularly to achieve relaxation.



(Resource: Mayo Clinic)

Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

APRIL 2012



Dr. Laurine Marcinkowski
Clinical Psychologist

"We tend to think we will relax after work, this weekend or on vacation. Learning to relax in the midst of challenges is a proponent to good health. For example, when stuck in traffic, you can be tense or relax and enjoy the scenery. Either way, you get to your destination. However, you can get there in much better shape."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Tobacco Cessation Class Site-Wide Nutrition Challenge — Start	3 Weight Loss Convoy	4 Weight Loss Convoy ALUMNI Meeting	5	6 Hanford WorkFit Leader Training	7 World Health Day
8	9 Tobacco Cessation Class	10 Weight Loss Convoy	11	12 Site-Wide Health Fairs	13	14
15	16 Tobacco Cessation Class	17 Weight Loss Convoy	18	19	20	21
22	23 Tobacco Cessation Class	24 Weight Loss Convoy Back Health & Safety Workshop	25	26 Site-Wide Nutrition Challenge — Finish	27	28
29	30 Tobacco Cessation Class	<p>♥ National Cancer Control Month</p> <p>♥ National Humor Month</p> <p>♥ Stress Awareness Month</p>		<p>Site-Wide Nutrition Challenge 4.2.12 — 4.26.12 www.amhchallengetracker.com</p>		

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter

Service Spotlight: Employee Assistance Program Our confidential psychological counseling services are increasingly requested to help employees deal with today's hectic and complex world. Through corporate EAPs, workers are encouraged to seek confidential help. Examples of services include stress and anger management, workplace conflict resolution, individual therapy, and counseling for couples and families. Call BHS at 376-4418 for more information.

- ♥ Health Observance
- 📁 Class or Event
- ★ Holiday
- ☐ Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____

