

HEALTH AND WELLBEING



Managing Stress and Overwhelm

With World Mental Health day coming up on October 10th it is important to talk about how we cope with every day stressors to make sure we do not become overwhelmed. When you are overwhelmed you are consumed by thoughts, emotions and physical sensations that can be difficult to manage. Being overwhelmed from time to time is normal, but feeling that way every day for long periods of time is not. To manage stress and feelings of overwhelm there are a variety of resources at your disposal-using your Employee assistance program, using your Calm app, or talking with a mental health provider are wonderful options. When you are feeling overwhelmed here are some options to help: Change your perspective-recognize and accept how you are feeling; challenge your assumptions-identify illogical thoughts; seek support-reach out to a mental health provider or even your friends or family; try mindfulness exercises such as grounding. (1)



Free Exercise class-Thursdays

PENN COLLEGE, WILLIAMSPORT -
LEC-B FITNESS ROOM (E 3RD STREET LOT)

THURSDAYS @ 4:15PM - SEPTEMBER 12 THROUGH DECEMBER 12

*SCHEDULE FOLLOWS CAMPUS CLOSINGS/BREAKS

Healthy Recipes

[Butternut Squash Bacon spinach quiche](#)

[One pan tomato basil orzo](#)

[Gluten Free cornbread](#)

[No Bake High protein cereal bars](#)

LCIC Course

Video Led exercise course-Live class

October 8, 2024 – 5:00-6:00pm

2400 Reach Rd, Williamsport

Click Link to register:

[Full Body workout](#)

Harvest Hustle Challenge Begins October 14- November 9th

Get moving with this step challenge! Complete 225,000 steps over that time. (Just over 8,000 steps a day)
40 points awarded for completion.



Managing Stress & Overwhelm



[Pump the Brakes
on Stress](#)
3 minutes



[Settle Down by Single-
Tasking](#)
6 minutes



[Managing
Overwhelm](#)
5 minutes



[Ruminating](#)
3 minutes



[Guided Breathing
to Release Tension](#)
10 minutes



[Preventing
Overwhelm](#)
7 minutes



Haven't activated your Calm Subscription yet, scan the QR code to get started.

