

HEALTH AND WELLBEING



Stress Reduction

Stress is an everyday part of life and we all know what triggers our stress. But what type of activities help reduce your stress? I am sure everyone knows these long term stress relievers-exercise, eating right, getting sleep, using your calm app. But what about in the short term. What can you do to alleviate stress in the moment. Stress relief is certainly not one size fits all-what works for one person may have the opposite effect in someone else. But some ideas to try:

- Guided imagery
- Aromatherapy
- Leisure activities
- Nature bathing
- Going for a walk
- Gratitude
- Focus on breathing
- Evaluating priorities

Nature bathing or forest bathing is a Japanese practice that involves being present in nature and connecting with it through all your senses. So if you haven't tried it, look into it even if its in your own backyard!

<https://www.verywellmind.com/tips-to-reduce-stress-3145195>

Healthy Recipes

Mushroom Ragout with
Herbed Ricotta

Spring Pea Salad with
Strawberries

LCIC Courses

Cooking with Carrie

April 23rd, 6-7pm

To Register:

Healthy Snacks/Desserts

Men's Health with Dr. Rockoff

Monday, May 15th 5:15-6:15

To Register: Men's Health

Skin Health with Dr. Leberfinger

Wednesday, May 28th

5:15-6:15pm

To register: Skin Health



Stress Reduction

Chronic stress can affect our mood, work performance, and overall health. That's why incorporating stress-reducing activities during the workday, such as breathwork, gentle stretches, and calming music, can significantly improve our daily lives.

We don't have to make big moves. Even small daily actions can help us reduce stress, which is already a positive investment in our well-being.

- Mindfulness Tools with the U.S. Surgeon General
 - When you're feeling the weight of your daily challenges, try these quick mindfulness practices to regain your center and handle them easily.
- Relaxing Harp for Stress Relief
 - Listen to this soft, melodic playlist whenever you're feeling stressed out so you can soothe your mind.
- Slow the Swirl in Your Mind
 - Try a 2-minute breathwork exercise with Jay Shetty to calm the swirl in your mind and ground yourself again.
- Soothing Your Nervous System
 - When you feel your nervous system is in overdrive, try this 6-minute mindfulness practice with Mel Mah to reset and fully relax your body.

Join an upcoming Calm webinar to learn how to personalize your app experience. Learn new mindfulness techniques or strategies with special monthly themed webinars.



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

Use the Log In feature at the bottom of the page when you are ready to login, do not use Facebook Google or email to log in.



Events to Participate in:

Friday, April 11th-Gift of Life Blue and Green Day
Show support for organ donation by wearing
blue/green.

**Wednesday, April 23rd-Donate Life
College Challenge 11am-2pm, PCT
Campus Center**

**Even if you cannot participate at Penn College on April 23rd,
Please scan the QR code to become an organ donor on the
national registry.**



Learn more about becoming an organ
donor by scanning the QR code today!