

August 2024

Destress your Life to Improve your Personal Wellness.

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
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WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active.

This program encourages employees to:

- Sign-up to receive the **WellNYS Daily To-Do** by email every day.
- Find out where to be physically active in New York State.
- Celebrate your wellness success with “I Did It!”.
- Engage in healthy behaviors while in your workplace.
- Find a NYS Walking workplaces map.
- Learn about Physical Activities in your region.
- Listen to a new wellness webinar every month.
- Become a WellNYS Ambassador for your agency/facility/SUNY.
- 2024 programs include: Count Your Physical Activity Minutes Challenge and the Olympic Experience.



**Office of
Employee Relations**
Work-Life Services

For more information go to: oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.



August

WellNYS Everyday

Destress your Life to Improve your Personal Wellness.

Once you've completed the To-Do, check the box!



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1. The WellNYS Everyday Monthly Challenge for August is to destress your life to improve your personal wellness. Join us for wellness webinar, "Solutions to Manage Stress in 2024" on Wednesday, August 7th at 12:00 noon. To register for the webinar visit: <https://meetny.webex.com/weblink/register/rf6fd83f4f0dd46eff886f9efb9a30dcf>.
2. Instead of mindlessly reaching for your phone today, sit quietly and just listen to your breathing. Let your mind rest from all that thinking and see if you feel less stressed.
3. A very pleasant way to reduce stress is to listen to your favorite music. Try to listen to the songs in a different way. Listen to the lyrics, or focus on the sound of the lead guitar, the bass guitar, or the drums, or any of the other instruments.
4. Practice positive self-talk to reduce stress. Instead of saying, "I'm stressed," or, "I'm burnt out," shift your language to "I'm doing the best I can today."
5. Minimize multi-tasking. To reduce your stress, try doing just one thing at a time.
6. Hobbies can be stress-reducing activities. What do you enjoy doing? Some people like to listen to music, read a book, knit, go fishing, or build something out of wood. Whatever activity you enjoy, turn to it when you are feeling stressed.
7. On a scale of 1-10, with one being the lowest level of stress and 10 being the highest level of stress, what is your stress level today? What is causing you stress today? Can you give it a number between 1-10? Being aware of your stress level and what is causing your stress is the first step in changing it.
8. Often, we think too much about what goes wrong and not enough about what goes right in our lives. What are you grateful for today? Name a person, a thing, or an experience that makes you feel good. Do you notice you feel less stressed when you think about positive things?
9. Take a simple ten-minute "thank you" walk each day and quietly think about what you are thankful for. Expressing gratitude can bring a sense of well-being to your busy workday and lessen your stress.
10. You can practice managing stress at any point in the day. First, close your eyes and take a deep breath. Next, practice being mindful by becoming aware of the present moment. Pay attention to your experience from moment to moment, with kindness, curiosity, and acknowledgement.
11. Do you know the name of your Employee Assistance Program (EAP) Coordinator for your workplace? Stress is one of the top reasons New York State employees visit EAP. To find an EAP coordinator go to the EAP Coordinator Listing: <https://oer.ny.gov/find-eap-coordinator>.
12. Ask yourself, "Is your mind full or are you being mindful?" If your mind is full, then focus on the present moment.
13. Your body was born to move, and exercising is such a great way to reduce stress. Take note of your stress level 1-10, and then do some moderate exercise. After 20 minutes, review your stress level again. Has it changed?
14. Is it stress or anxiety? Click on the following link to learn more about stress: <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>.
15. Sharing feelings and talking with a trusted friend, or family member can reduce the signs of stress. If someone comes to you, listen and let them talk. It, can help their situation. Ask the person what they do to manage stress?
16. Drinking alcohol, using cannabis, smoking cigarettes, and overeating may be coping strategies and unhealthy habits people use to try and reduce stress. Do you turn to any of these when you are feeling a higher level of stress? If so, how often? Instead, think about how you can incorporate healthy habits and strategies to reduce and cope with your stress.
17. Being in nature can increase your energy, lift your mood, and put you in a better frame of mind. When you feel stress start building, go for a walk or visit a park. When you are walking or visiting a park, be mindful and be present in nature.
18. Did you ever feel more stressed by watching the news. Here are five ways to cope with watching the news: **1.** Avoid triggering topics in the news.; **2.** Limit your news consumption. **3.** Be cognizant of your social media use. **4.** Practice good stress management.; **5.** Understand that it's normal. For more information, read the article *5 Ways to Cope with News*: <https://www.nm.org/healthbeat/healthy-tips/emotional-health/Ways-to-Cope-With-the-News>.
19. If you have a problem that is causing you stress, break it down into smaller parts. Take one step at a time, instead of trying to solve the whole problem at once.
20. Did you know spending time with a pet can reduce your stress. If you don't have a pet, consider volunteering at an animal shelter.
21. Sleep is often overlooked as a way of managing stress. Instead of watching TV, or scrolling on your phone, get ready for bed early in the evening. Turn on some calm music or listen to a guided meditation. You may see the stressful event differently after a good night's sleep.
22. Meditation has a long history of reducing stress. For more information, visit the National Center for Complementary and Integrative Health website: <https://www.nccih.nih.gov/health/meditation-in-depth>.
23. Count to 10 before you speak or react.
24. Do you have a support network? Make a list of people who you can count on. A close friend, a coworker, a family member, or neighbor. The next time you need to talk, turn to someone on this list.
25. Feeling stressed, say, "Take a deep breath and be here now."
26. Do you take breaks when you work? Often when we take a break, we scroll on our phone or speak to our coworkers. Try doing nothing, yes, nothing. Set a timer for five minutes on your next break and just do nothing.
27. Here are five more ways to manage your stress: **1.** Do yoga.; **2.** Have a healthy diet.; **3.** Try progressive muscle relaxation.; **4.** Get a hug from a loved one.; **5.** Engage in a hobby you enjoy.
28. As summer is ending, what stress reducing activities are still on your to-do list?
29. Practice the 5-4-3-2-1 grounding exercise to help you cope and reconnect when you are experiencing panic and anxiety. Look at five things, touch four things, listen to three things, smell two things, and taste one thing. Watch the following video for more information: <https://www.youtube.com/watch?v=pjRMg6KALiw>.
30. Mental health concerns are on the rise for adolescents. For more information on warning signs visit the National Institute of Mental Health website: <https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health>.
31. Today is the last day of August. What strategies have worked for you in reducing stress?

NUMBER OF DAYS COMPLETED