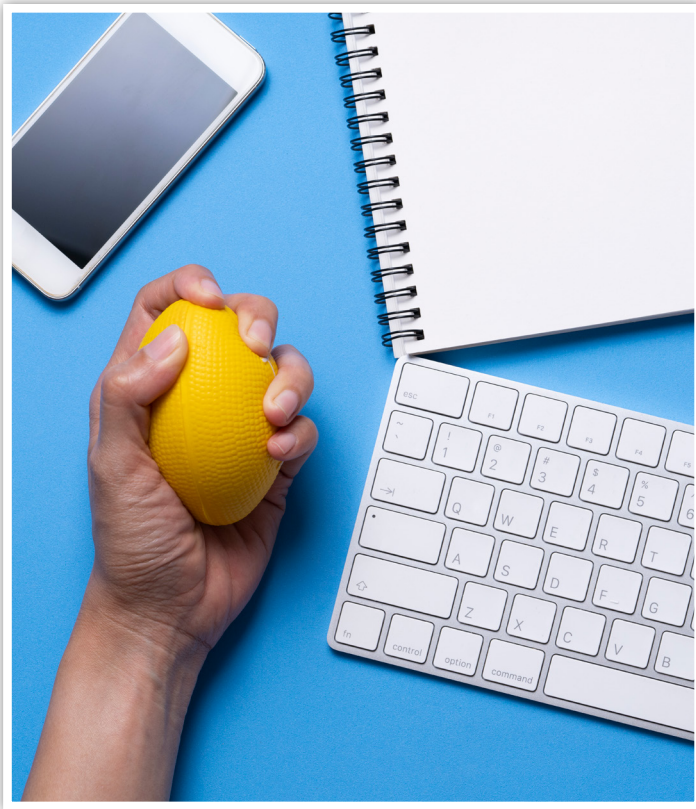


By Lacy Wolff, ERS Health Promotion Administrator



When you feel overwhelmed with challenges in your life, your body responds with an increase in your heart rate, respiratory rate and blood pressure. Rather than discussing the negative impact of stress, I'd like to provide you with resources to help you navigate the complex challenges YOU may face each day.

1. Re-thinking your goals.

Spend more time feeling happy and less time feeling stressed by understanding the true sources of happiness (spoiler alert: it's not wealth and status). Join Raj Raghunathan, Professor of Marketing at the McCombs School of Business at the University of Texas in our upcoming webinar "*A Life of Fulfillment & Happiness*" to explore ways to boost your own happiness. Raj is an expert in the field of happiness and the author of the book *If You're So Smart, Why Aren't You Happy?* [Registration Link](#)

2. Taking control of your finances.

Find empowerment and alleviate money worries – a major source of stress for most of us – by creating a plan for your money. Learn how to build a budget with Christine Graham of the Texas Office of the Consumer Credit Commissioner in the "*Taking Control of Financial Stress*" webinar. [Registration Link](#)

3. Moving more.

Physical activity, especially a type that you enjoy, is a great way to combat feelings of being overwhelmed. Take a [10-minute movement break](#), listen to the [ERS Walk & Talk Podcast](#), or engage in a [virtual fitness class](#) through the Get Fit Texas Calendar (login required) to help you shift your perspective on the things causing you stress.

4. Connecting more.

We (humans) are hard-wired for connection. Learn how to build strong workplace connections with Lieutenant Colonel David Yebra (US Army retired) of the Texas Department of Criminal Justice (TDCJ) through a webinar on *Building Workplace Relationships & a Supportive Culture*. [Registration Link](#)

5. Building a yoga practice.

A short weekly yoga class for all fitness levels is an ideal way to integrate physical movement, breathing techniques, and mindfulness in your life while connecting to others! No special clothing or equipment is required. Chris Young from the Texas Department of Transportation (TxDOT) will lead us in a 30-minute yoga practice every Wednesday morning in April and May from 9 - 9:30 a.m.! Use [this Zoom Link](#) to attend.

6. Breathing deeply.

Taking control of something your body does automatically all day every day is one of the fastest and easiest ways to "hack" your own nervous system to reduce the impact of stress on your body and brain. [Check out this 5-minute tutorial](#) on the 4-7-8 breathing technique to learn more.