April 2023 Employee Email Copy

Subject line: April Wellness Events: Focus on Stress (Management)

Dear [Insert Agency/Higher Education Institution] Employees,

Stress is something we all face each day. How we perceive stress and having tools to effectively manage it can help us all year.

Here are some resources that can help you to build a resilience toolkit for effectively managing the stress in your life:

April 11th 10-10:15 a.m. CT [Fitness Connect Community: Fitness to Manage Stress](https://www.ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D163881668)

April 5, 12, 19, and 269-9:30 a.m. CT [Yoga to Manage Stress](http://www.wellness.texas.gov/Challenge.htm) **– 4-Part Series** via ZOOM

April 13, 10-11 a.m. CT [Building Resilience & Managing Stress with Lacy Wolff, MS and Becky Gillespie](https://attendee.gotowebinar.com/register/7336741355161149019)

April 25, 10-10:15 a.m. CT [Nutrition](https://www.ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D163749553) Connect Community: Stop Shopping with Stress

Also, one of the most effective ways to manage stress is to move and another one is to laugh and have fun! Do both through FREE multi-agency virtual fitness classes. The Virtual Fitness Calendars can be found on the [Work Well Texas webpage.](http://www.wellness.texas.gov/Challenge.htm) All classes will take place through Zoom.

And, if you want to find out how we did in this year’s Get Fit Texas Challenge, be sure to [register for the webcast](https://attendee.gotowebinar.com/register/5023499732163626840) on Friday, April 14th, 1-1:30 p. m. [Remove if your agency didn’t participate]

We hope you will find these resources valuable. As always, if you have questions or concerns please feel free to contact me directly.

Sincerely,

Your Wellness Coordinator