

# April 2024 Employee Email Draft

Subject: April Wellness Events: Understanding Stress and Building Resilience!

Dear [Agency or Higher Ed. Institution],

This month, we are focusing on understanding stress and building resilience to it! We have several exciting events lined up to support your well-being journey:

**1. Webinar: Mindfulness - How it Works and Building a Practice**

Date: April 4, from 10 - 11 a.m. CT

Description: Join us for a deep dive into mindfulness, exploring its neuroscience, impact on cognitive function, stress reduction, and overall well-being. [Register here](#)

**2. Challenge: 5-Day Meditation Re-boot Challenge**

Date: April 15-19, 2024 Daily meditations emailed to you

Description: Sign up for a meditation challenge to re-center, re-focus, and recharge your mind with daily 10-minute guided meditation sessions led by Lacy Wolff. [Register here](#)

**3. Webinar: The Sleep-Stress Connection**

Date: April 25, from 10 - 11 a.m. CT

Description: Explore the relationship between sleep and stress, and how it impacts your well-being. [Register here](#)

**4. Each month you can also participate in 15-minute Fitness & Nutrition Connect Community Calls** via Microsoft Teams. This month, Valerie and Liz will discuss stress relief through movement and reducing grocery shopping stress. For details and registration links, visit [the ERS Wellness Events calendar](#).

Also you are invited to the 2024 **Get Fit Texas! Awards Presentation Webcast** to find out who won. Learn more and [register here](#). [Remove if you didn't participate or promote]

Let's prioritize our well-being together!

Sincerely,

Your signature