

April 2024 Newsletter Content: Understanding Stress

This month we are focusing on understanding stress and building resilience to it!

What's happening?

Webinar April 4, 10-11 a.m. CT: Join us for **Mindfulness: How it works and building a practice**, where we'll techniques to develop a daily practice. We will explore the neuroscience of mindfulness and the impact on cognitive function, stress reduction, and overall well-being. Whether you're curious about the science of mindfulness or seeking evidence-based tools for personal growth, this webinar offers valuable insights and actionable steps for a healthy mind. [Register for the Mindfulness webinar.](#)

Webcast April 11, 1-1:30 p.m. CT: Join us for the **2024 Get Fit Texas! Awards Presentation Webcast** to see which agencies take home the trophies this year. This webcast will kick off with a few words from State-wide Wellness Coordinator at DSHS, Lesley Jimenez, and will wrap up with the announcements of our winners! [Register for the Get Fit Texas Awards Presentation.](#)

Challenge April 15-19, 2024: Sign-up for the transformational **5-Day Meditation Re-boot Challenge** to re-center, re-focus, and recharge your mind. Receive daily 10-minute guided meditation recordings led by Lacy Wolff, Coordinator of Statewide Well-being Initiatives at ERS. Each evening, starting Sunday, April 14th, you'll receive the next day's meditation link directly to your email. [Sign up for the 5-Day Meditation Challenge.](#)

Webinar April 25, 10-11 a.m. CT: Join us for **The Sleep-Stress Connection: How Restful Nights Impact Your Well-being**. We'll delve into the relationship between sleep and stress, how we perceive and manage stress, and how a good night's sleep is foundational for a healthy lifestyle. [Register for the Sleep-Stress Connection webinar.](#)

[Connect over Microsoft Teams](#) for **monthly 15-minute Fitness & Nutrition Connect Community Calls** to connect with others who are interested in health and well-being. This month Valerie and Liz will explore how you can relieve stress with movement and how you can reduce grocery shopping stress. For dates, times and registration links visit the [ERS Wellness Events calendar.](#)