April Cut/Paste Wellness Email

Subject line: April Wellness Events: Stress Awareness Month! Dear [Insert Agency/Higher Education Institution] Employees,

I hope you are enjoying the beautiful spring weather we have been having. As the sun is shining and the birds are chirping, it is hard to believe that Texas experienced one of the worst winter storms in our lifetimes less than two months ago!

Just as our weather consistently fluctuates and changes, so does the amount and intensity of stress we experience. Stress awareness is our focus for the month of April. Stress, while often something we consider to be negative, can also be viewed as our body calling us to action! I hope you will be able to participate in some of the great opportunities this month to learn more about stress and ways to effectively understand it and to thrive during stressful and challenging times.

Webinars (Double click the webinar to be taken to the registration page):

April 6th 10-11 a.m.  [Introduction to Mindfulness: What, Why & How](https://attendee.gotowebinar.com/register/5658186206075852559)

April 8th 10-11 a.m. [Building a Mediation Practice](https://attendee.gotowebinar.com/register/6072873613561864720)

April 15th 10-11 a.m. [Nutrition and Stress: It’s 2-Way Street!](https://attendee.gotowebinar.com/register/3548034276707891213)

April 22nd 10-11 a.m. [Move More, Stress Less!](https://attendee.gotowebinar.com/register/7080611205124534797)

April 29th 10-11 a.m. [Anxiety Awareness & Management](https://attendee.gotowebinar.com/register/2494008345461708301)

Also, you are invited to participate in a 5-day Meditation Re-Boot Camp, April 12-16. Once you sign up, each evening beginning Sunday, April 11th, you will be emailed a link for a 10-minute audio recording of a guided meditation to complete the following day for five days. Listen to that day’s meditation when you have time available. The goal of this program is to help you build a daily meditation practice habit. Register through this [online registration form](https://docs.google.com/forms/d/e/1FAIpQLSeAF3r75-rxBZxtTfj5RR6nLU-PYkfERmS29Cvju1LN4L9TsA/viewform).

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