

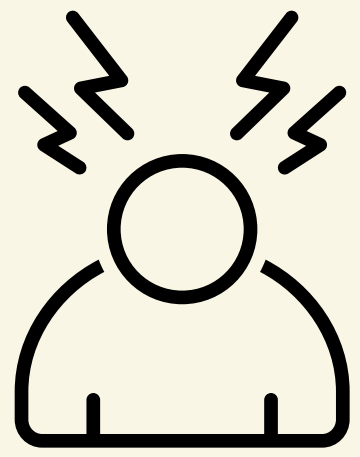


Employee Well-being Monthly Tip Sheet

DECEMBER 2023

Stress Awareness Month

Handling stress is important for a healthy lifestyle. Learning stress management skills can improve mental and physical well-being, and reduce the exacerbation of health problems. Although holidays are a time for celebration, they can also cause pressure and anxiety. Americans are five times more prone to report elevated stress levels during the holiday season, so it is advisable to proactively prepare to navigate these emotions effectively.



Well-being Resources

Tips for Managing Stress

The end of the semester brings pressure to perform well on final exams and presentations. And with the holidays around the corner comes the added stress of traveling to visit family and friends or maybe spending the holidays away from loved ones. For some, it can be hard to manage.



[Read More](#)

Helpful Practices to Manage Stress and Anxiety

Life can often be filled with stress, whether it's related to academic performance, traumatic occurrences like a pandemic, natural disasters, or acts of violence, or significant life changes. Stress is a common experience that affects everyone at some point in their lives.



[Video](#)



Family Dynamics During the Holidays

KEPRO, the Employee Assistance Program provider, has prepared a flyer with tips and suggestions to help manage stress during the holiday season. The flyer can be shared with colleagues and KEPRO is available for support.

[Tip Sheet](#)



30-Day Stress Cleanse Challenge

The 30-Day Stress Cleanse Challenge aims to promote mindfulness and self-care by incorporating daily activities and practices such as meditation, exercise, journaling, and stress-reduction methods to establish healthier habits and coping mechanisms.

[Take the Challenge!](#)

Wellness Tip

The holiday season can lead to stress and declining mental health. Here are some tips to manage stress during this time.



Give us some feedback

Tell us how we're doing! Take a moment to complete this survey and help shape tip sheet content moving forward.



LinkedIn Learning 101

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Date: December 7th

Time: 1:30-2:30 p.m.

Location: Student Center – Northside Room

[RSVP](#)

