

Stress Less

I love when I get emails from employees sharing how they improved their health, their “wins” and even an occasional youtube video of things they have found helpful. I will be sharing one of those videos at the end of this blog called “what do you practice?” We all know that in sports, music, education, art, jobs; we have to practice to improve our skills. So are you practicing letting go of stress? Are you using your Calm app to help you breathe, focus or move? Are you practicing mindfulness so that you can take things into perspective?

If you truly want to work on your stress level then you have to practice techniques to lower your stress level.

Check out health advocate’s blog [Positive Ways to Handle Setbacks](#). Check out the Calm App tips for helping with stress. And Check out the youtube video an employee sent me:

https://www.youtube.com/watch?v=kMML1jkBePQ&ab_channel=HighlanderOnTheMove

April & May Health Courses

Thursday, April 4th 5-6pm.

BLaST IU 17, 2400 Reach Rd, Williamsport

Click here to register: [Learn to Workout at home](#)

This presentation will focus on how to get the most out of your home workouts with minimal equipment. We will discuss exercise selection, technique, and how to progress or regress certain movements based on your own individual needs. If you can, please bring a mat and/or weights/bands so the instructor can demo moves and make sure you are doing them correctly. They can be small weights/bands.

Tuesday, May 7th, 5-6pm,

BLaST IU 17, 2400 Reach Rd

Click here to register: [Healthy Eating on a Budget](#)

With the high cost of food lately, come join Brianna Thomas of UPMC to learn how to eat healthy on a budget including meal planning and shopping for items at the grocery store to make your dollars stretch!

Last Saturday Health Screening

Saturday, April 13th, 8:30-9:30

Click Link to Register:

<https://upmchealthypartners.as.me/LCIC>

Healthy Recipes

[Morrocan Chicken Tagine with Apricots and Olives](#)

[Chocolate Pistachio Kiwi](#)

Coming in May:

We will have a movement challenge as May is employee health and fitness month. Look for information in the May flyer!

Calm App

Stress is inevitable in our daily lives. But when it's too much, it'll negatively impact how you show up in your professional and personal lives.

That's why it's important to take a preventative approach and build healthy coping mechanisms. So you can feel calmer, more centered, and truly thrive under any circumstances.

Here are some stress relief resources from Calm to help you get started:

- Overcome Stress and Anxiety
 - In this guided meditation series with Dr. Julie, you get to explore 11 different tools to reclaim your calm, overcome acute anxiety and chronic stress, and build confidence for life.
- Pump the Breaks on Stress
 - In this 3-minute grounding exercise with Jay Shetty, you'll learn how to regain control of your mind and body through breathwork and physical motions.
- Lower Body Stress
 - In this 7-minute Daily Move session with Mel Mah, you'll stretch and relax your lower body so you can release any tension from the day.
- Infinite Ambient for Relaxation
 - This ambient music track has been uniquely created by real musicians and designed to play for however long you need till you fall asleep.

Check out the Calm app for other diverse resources that'll support your mental health journey. Haven't redeemed your free Calm Premium subscription yet?



Scan the QR code or use the link to claim your subscription:
<https://www.calm.com/b2b/lcic/subscribe>

Join a Calm App Webinar to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.