

# Be Well

series

April-May 2014

## Stress Awareness

- **Managing and Rating your Stress | Thursday, April 3**  
What stress is, how it affects us physically and mentally, and how to start down your path to managing it.
- **Awareness of Stress: Making the Connection | Thursday, April 10**  
How to make the connection between stress and the present moment.
- **Self Care Resources | Thursday, April 17**  
How stress can interfere with your ability to manage your health. Information on the Wellness Center, Employee Assistance Program, University Counseling Center, campus spiritual resources, and more.
- **Resilience: Bouncing Back | Thursday, April 24**  
Manage day to day pressures as we encounter change and adversity.
- **Relief and Relaxation | Thursday, May 1**  
Finding positive ways to ease stress and pressure in your life.
- **What's Next? | Thursday, May 8**  
Implement the strategies you have learned and incorporate them into your daily life.

All sessions 12:15-12:45 p.m.,  
The Meeting Room @ Rolfs Sports Rec Center

### Upcoming programs:

**May** Hypertension

**June** Risk Reduction: Back Pain, Skin Cancer, Arthritis, and Diabetes

**July** Risk Reduction: Heart Disease, Obesity, and Cancer

A program of the Notre Dame Wellness Center, in collaboration with the Office of Human Resources, Food Services, and Office of Recreational Sports. Available to all full-time benefit-eligible faculty and staff.

Space is limited. To RSVP, call *askHR* at 574-631-5900 or schedule online at the HR Appointment Scheduler at [inside.nd.edu](http://inside.nd.edu).

The Notre Dame Wellness Center is operated by Take Care Health Systems, a division of Walgreens. Patient records are confidential as required by federal law. For more information, visit [hr.nd.edu/benefits/NDWC/privacy](http://hr.nd.edu/benefits/NDWC/privacy).

