

Stress Awareness Month & April Wellness Programs

Stress Awareness Month is a time to recognize the negative effects of stress and to encourage people to reduce it. It's also a time to break the stigma around mental health and encourage people to talk about their stress.

Stress can affect your body, thoughts, feelings and behavior. It can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.

**Take time for self-care and show yourself kindness.*

**Practice acts of kindness, such as holding the door open or being an active listener.*

**Explore the County's free resources that offer guidance on stress management and mental health services, such as EAP.*

**Talk to a family member, friend, doctor, pastor or counselor about your problems and how you are coping.*

**Recognize when you need more help and talk to a psychologist, social worker or counselor.*

WELLNESS PROGRAMS

Kaiser Permanente's Webinar - Managing Stress

4/10/25 12:00 to 1:00

Anthem's EAP Webinar - Emotional Eating

4/17/25 12:00 to 1:00

Anthem's EAP Webinar - Boost Your Well-Being & Create Your Own Plan

4/24/25 1:00 to 2:00

Anthem's EAP Webinar - Increasing Mental Toughness

4/30/25 1:00 to 2:00



These programs are available to all employees and retirees regardless of healthcare provider.

