Don’t Let Stress Get the Best of You: Six ways to sideline it whenever it hits.

Too much stress can affect your health. Use these tips to help keep stress from getting the best of you.

Mind your Health - No one can completely avoid stress, but physical activity, good nutrition and plenty of rest can help you keep your energy level high and ready to face life’s challenges.

Reduce stressors - Make a list of the things in your life that cause you stress. Beside each one, write down one or two ways you can lessen the stress and then work toward those goals. If you have trouble finding solutions, talk with your doctor.

Plan Ahead - Stress can be caused by having too many things to do, in too short a period of time. Instead, break larger projects into smaller, more manageable tasks; delegate at work and at home when you can. Set priorities. Spend the most time on those things you feel are important and less time on things that are lower priorities.

Be Positive - If you demand too much of yourself or let negative thoughts run through your mind, you’re setting yourself up for added stress. Each time this happens, take a minute to redirect your thoughts to something more positive.

Get Away - When stress seems to be getting the better of you, take a break. Even a quick five-minute walk away from your office or home can help you relax.

Relax - Relaxation exercises, which combine deep breathing with releasing muscle tension, are simple to do anywhere and can help lessen the negative effects of a stressful situation.

Sources:
National Mental Health Association, Cleveland Clinic Foundation. Retrieved from: Anthem Time Well Spent

Stress Buster - Meditation

Stress is an unavoidable part of life. One way to reduce that stress is with meditation. Meditation is an ancient practice which research shows has the ability to reduce stress and anxiety, improve focus, and even reverse coronary heart disease when practiced regularly. There are many forms of meditation, but in simple terms, all help you empty your mind and remove yourself from the frenzy of daily life. This month, join us at various meditation sessions across campus and try it out for yourself!

- Attend FREE guided meditation sessions on Ball State’s campus:
  - Fridays, 3:30 pm at the David Owsley Museum of Art;
  - April 16th, 12:00 pm at the Dr. Joe and Alice Rinard Orchid Greenhouse
  - April 18th, 6:30 pm at the Charles W. Brown Planetarium
- Use an app on your phone, search for guided meditation videos on YouTube, or meditation podcasts on iTunes or Spotify
What’s Happening This Month?

Health Check at The Retreat
Date: Wednesday, April 4 @ 11:30am—1pm
Where: The Retreat @ Noyer
What: Free blood pressure and body composition checks available. Grab a new recipe and enjoy a free sample of food!

Dietary and Herbal Supplement
Date: Friday, April 13 @ Noon - 12:30 pm
Where: Student Center Room 306
What: Herbal supplements such as echinacea, turmeric, gingko, and green tea, are not regulated by the Food and Drug Administration (FDA). How do we know that our supplements are safe without any regulation? Does the word “natural” assure safety? Attend our Lunch n’ Learn on April 13th at Student Center Room 306 from 12-12:30 pm to gain knowledge on the safety of herbal supplements and potential uses.

Meditation in the Greenhouse
Date: Monday, April 16 @ Noon - 12:30 pm
Where: Rinard Orchid Greenhouse
What: Ball State’s Meditation Partnership is interested in expanding its programs beyond the Museum of Art this Spring semester, 2018. We will be offering pilot experiences for students, staff, and faculty at the Orchid Garden and the Planetarium!

Meditation in the Planetarium
Date: Wednesday, April 18 @ 6:30 pm - 7:00 pm
Where: Charles W. Brown Planetarium
What: Ball State’s Meditation Partnership is interested in expanding its programs beyond the Museum of Art this Spring semester, 2018. We will be offering pilot experiences for students, staff, and faculty at the Orchid Garden and the Planetarium!

Dining with a Dietitian
Date: Thursday, April 19 @ 10:30 am - 11:00 am
Where: Noyer Centre
What: Looking for ways to make healthy meal choices? Not sure how to navigate Ball State Dining as an employee? Join the Working Well team and Dining's wellness nutritionist on a tour of Noyer Centre, an a la carte location just east of Bracken Library. We'll highlight menu choices that support your healthy eating goals, like custom Noyer Bowls w/hearty grain bases and vegetable toppers. You'll learn healthy food swaps, how to use NetNutrition to view menus and nutrition information, and how to dine for 10% off with Employee Dining Cash. This session is the last of three spring semester tours designed to help you feel confident taking advantage of the healthy variety and value Ball State Dining offers at lunchtime.

Biometric Screening
Date: Friday, April 20 @ 7:30 am - 9:00 am
Where: Working Well Office, Health Center Room 004
What: Schedule your free biometric screening. Includes cholesterol, triglycerides, blood sugar, blood pressure, height and weight. Results are available same day.
Working Well Fitbit Leaderboard

Do you have a Fitbit?

Join our Community Activity Group on www.fitbit.com
Search Ball State University Working Well.

Ball State University Working Well Fitbit Community Group—March

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2018 East Central Indiana Heart Walk

The 2018 East Central Indiana Heart Walk is scheduled for April 21st at Morrow’s Meadow in Yorktown. It is a one-mile tribute walk, with a Wellness Village to enjoy – lots to do for the kids, and pet friendly. This year’s walk also has a Super Hero theme.

Contact Nicole Koontz, Associate Director of the Adult Physical Fitness Program, to get involved (765-285-4500) or nlkoontz@bsu.edu.

Emotional Well-being

LifeWorks Wellness can help you learn about effective and healthy ways to manage stress, achieve better balance in your work and life, and find support for issues that can affect your well-being.

Create a personal account on the LifeBalance platform for access to Wellness Tools to help you reach your personal health goals. This month, check out our Stress Awareness feature on the homepage for a variety of tips and resources to help you lead a happier and less stressed life.

To find out how Lifeworks Wellness can support you:
Call Lifeworks at 888-456-1324, or go to bsu.lifeworks.com (username: ballstate; password: cardinals) and select “Wellness Tools” from the LIFE dropdown

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