

Stress Awareness

Health Education Program

Learning to relax

Population Health & Wellness designed the Stress Awareness toolkit with flexibility in mind. By tailoring the program to your company's needs, you can accommodate any timing or staffing considerations and make the most of the kit's resources. April and May, which coincide with national health observances, are ideal times to utilize the toolkit to educate employees about stress.

To give you some ideas about how you might structure a full-scale program, we have developed the sample time line below.

Before implementation

- Review contents of toolkit
- Contact your Population Health & Wellness representative with any questions.

Week 1

- Announce "Stress Awareness Month" by sending out an email announcement and the stress fact sheet.

Week 2

- Publish first newsletter article in company newsletter, or post it to the company intranet.
- Send stress hardiness quiz, and provide an incentive to get employees to complete the test.

Week 3

- Use payroll stuffer on deep breathing to remind employees about the role of breathing as it relates to stress.

Week 4

- Publish second article in company newsletter, or post it to the company intranet.
- Send email thanking employees for their participation, and include a resource list for additional information.

