

# Stress Awareness

## Health Education Program

### *Learning to relax*

The Stress Awareness toolkit contains a variety of materials designed to help educate your employees about stress awareness. The materials are available on the CD provided or online at [www.ibx.com/worksite\\_wellness](http://www.ibx.com/worksite_wellness).

#### *Stress fact sheet*

This one-page handout gives general information about what constitutes stress, symptoms of stress, stress-reducers, and coping skills. This fact sheet can be used to help reinforce employee awareness. For example, the fact sheet could be posted in a common area, such as the cafeteria or lounge, or on a bulletin board; uploaded to your company's intranet; or published in your employee newsletter.

#### *Stress hardiness quiz*

This quiz measures the traits that make up a "hardy" personality. These traits include commitment, control, and challenge – traits that work with each other to make an individual vulnerable or resistant to stress.

The quiz is a great way to kick off a week or month of stress-awareness activities. The results of the quiz can be shared with employees as part of your campaign. For example, you could put out the statement that "less than half of our employees have a stress-hardy personality," then direct employees who are feeling overwhelmed by personal or work-related issues to the company's employee assistance program.

To encourage employee completion of the stress hardiness quiz, an incentive could be offered to, say, the first 25 employees who complete the quiz. Another option is to have employees email the program coordinator for the results of the quiz.

Remember: Educating your employees about stress-awareness issues may help reduce absenteeism and boost employee morale.

#### *Newsletter articles*

We have provided two articles based on information from the National Women's Health Information Center that can be used in your employee newsletter or intranet bulletin:

- women and stress
- women and the effects of stress on the body

#### *Stress handouts*

An assortment of handouts is included in this kit to assist in educating employees about the potential dangers of unmanaged stress.

#### *Deep breathing*

The insert on deep breathing, included in this kit, is a simple and convenient way to raise awareness about breathing as it relates to stress. Use it as a payroll stuffer, or send it out to employees as an email announcement, newsletter blurb, or intranet posting.

