

Winter 2026

The quarterly STARS Wellness Newsletter is going to look a bit different. Instead of giving a little bit of information on various topics, each newsletter will focus on one wellness related topic and share more information on said topic.

There will be a winter, spring, summer and fall newsletter. If you have suggestions for a topic to be included in an upcoming newsletter, please forward those topics to either Heather Courtney or Jon DeSantis.

There will still be a quarterly Wellness Champion so please submit your nominations to Jon or Heather.



(Only 65 more days until spring)

Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

SAFER Quarterly Newsletter



MANAGING STRESS

We are being pulled in so many directions these days. In today's world, life can be extremely stressful. Between the *responsibilities at home, tasks at work and all of the happenings around the world*, it's no wonder we may feel frazzled. This frazzled feeling, however, wreaks havoc on our overall physical and mental health. Below are several ideas on different ways to handle stress. Please find your best way of managing stress. (from Very Well Mind)

- 1. Taking a Walk-Exercise is a fantastic stress reliever that can work in minutes.**
- 2. Physical Touch-Physical touch can do a lot to relieve your stress. Hugging a loved one can be especially beneficial.**
- 3. Leisure Activities-But building time for leisure into your schedule could be key to helping you feel your best. And when you feel better, you'll perform better, which means leisure time may make your work more efficient.**
- 4. Exercise-Physical activity is key to managing stress and improving mental health-Physical activity is key to managing stress and improving mental health**
- 5. Yoga combines physical movement, meditation, light exercise, and controlled breathing—all of which provide excellent stress relief**
- 6. Breathing Exercises-Focusing on or changing the way you breathe can make a big difference to your overall stress level.**
- 7. Eat a Balanced Diet-A poor diet can increase your stress reactivity.¹¹ Emotional eating and reaching for high-fat, high-sugar foods can provide a temporary sense of relief that adds to your long-term stress.**

[Read complete article here:](#)

STRESS MANAGEMENT

