



Your Mindset Matters

Stress is all around us and no matter how much we try, we cannot eliminate stress completely. However, there is growing research that demonstrates your mindset can be a very powerful influence on your ability to manage stress. Alia Crum, a leading researcher at the Stanford Mind Institute shares more about the power of your mindset and the physiological impact on the body in this video:
https://bewell.cretex.com/Mindset_video

Interested in learning more about the power of your mindset?

- The Surprising Benefits of Stress (article):
https://bewell.cretex.com/stress_benefits
- Grow for it! How Stress, Meaning and the Growth Mindset Can Help You Thrive:
https://bewell.cretex.com/growth_mindset
- Problem vs. Predicament Podcast:
<https://bewell.cretex.com/podcast160>
- The One Thing Resilient Leaders Do Differently:
https://bewell.cretex.com/resilient_leader

Healthy Ways to Cope with Stress

According to the CDC, learning to cope with stress in a healthy way can help you become resilient. Here are just a few ways to positively cope with stress:

- Take breaks from news stories - constant information about negative events can be upsetting.
- Take care of your body: Eat healthy, get enough sleep, move more and sit less
- Make time to unwind: breath, stretch, meditate
- Connect with others

Learn more great tips on managing stress and anxiety:
https://bewell.cretex.com/cdc_stress

Additional Resources:

- **Employee Assistance Program**
 - www.guidanceresources.com/
 - Username: LFGSupport, Password: LFGSupport1
 - Download the GuidanceNow mobile app
 - Call 888-628-4824.
 - Up to 5 face to face sessions per year at no cost
 - Available to you and your household members.
- **Free Meditation Apps**
 - <https://www.realsimple.com/health/mind-mood/best-free-meditation-apps>

FEATURED ACTIVITY

How to Participate: Scan the Teams Form QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

Response Form



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