

Our theme for the month of August is Stress Management. We know that all of the staff, physicians and volunteers at BCHS work so hard every day. It is important to take time for yourself, and recognize if you are experiencing high levels of stress. This month, we wanted to highlight the **“Taking Control of Stress”** course that is available from Homewood Health on Homeweb. The course focuses on key stress management skills including: managing thinking and feelings, time management, increasing positive experiences, getting active and relaxation. You can complete this course online through your free account.



For the month of August, we have planned the following sessions to help you manage your stress and practice mindfulness. We hope to see you there!

1. Friday August 9<sup>th</sup> in the Chapel: **Mindfulness session** hosted by Modo Yoga. Lunch will not be provided for this session.
2. Thursday August 29<sup>th</sup> in the Boardroom: Wellness lunch and learn on **Establishing Work/Life Harmony**. “Many of us feel overwhelmed by competing work and family demands. This session helps participants identify their key work/life stressors, clarify their values and develop skills and strategies to effectively prioritize their time and energy.” A light lunch will be provided.

Space is limited so please email [Wellness@bchsys.org](mailto:Wellness@bchsys.org) if you wish to sign-up for either event.