

Everyone experiences stress at times - it's a natural reaction to the demands of life.

There are [different types of stress](#) from a variety of sources. Managing stress can be a challenge, but learning new strategies, and getting the right care and support can help reduce stressful feelings and symptoms, such as feeling overwhelmed, lack of sleep, headaches and social withdrawal.

There are many ways to cope with stress, and your way to cope may be different from someone else's. [WorkWell NYC](#) wants to offer you three healthy ways to cope with stress:



TAKE CARE OF YOUR BODY



- Take a walk outside or around your work area.
- Try meditation, yoga, or other gentle exercises.



CONNECT SOCIALLY



- Grab lunch or chat with a co-worker.
- Plan fun activities with family, friends, or co-workers.



SEEK SUPPORT



- If you feel overwhelmed, talk to a family member or a health care provider.
- Connect with the [NYC EAP](#) for confidential support.

To learn more about stress and find resources to help you manage it, visit the WorkWell NYC stress management page [here](#).

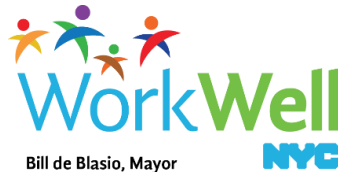
WEBINAR WEDNESDAYS



MAY IS MENTAL HEALTH AWARENESS MONTH

Save the date! Join WorkWell NYC for two lunchtime webinars on May 9th and May 23rd as we explore **myths and facts about mental wellness** and the **importance of sleep for a healthy body and mind.**

Register here: bit.ly/MayWebinarWednesdays



Bill de Blasio, Mayor

Healthy Workforce. Healthy City.

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