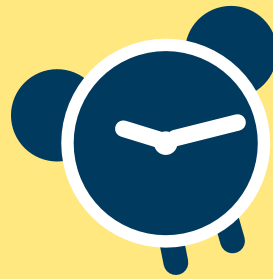


GET ACTIVE

Workplace Wellness

**Life is busy.
Learn how
to manage
your stress
with some
simple tips.**

RECHARGE



Work for 45 minutes and take a 15-minute break. This will help you relax and avoid stress buildup during the day.

Studies show that a 10-minute nap can improve cognitive function and decrease overall fatigue and sleepiness.

Create more open periods of time in your life.



BE HEALTHY

Exercise regularly. You'll feel better and be more prepared to handle problems.

On a nice day, take your break outdoors. Spending time outdoors has been shown to relieve stress.

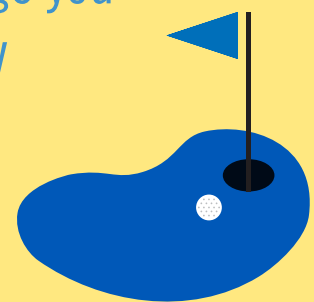


Get enough rest and sleep. Your body needs time to recover from stressful events.

STAY POSITIVE

Humor is an effective tool to quickly reduce tension and re-energize efforts to complete the task.

Do something that makes you feel good. Doing things you enjoy is a natural way to fight off stress.



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