

# STAYING IN BALANCE

Balance: Employee Wellness Program Newsletter



Photo by Ikhsan Sugiarto from Pexels

## MINDFULNESS IN MARCH

### What is mindfulness?

According to the Greater Good Magazine, "Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment...".

### How can practicing mindfulness help you?

Training yourself and your brain to practice mindfulness can help you cope with stress, increase overall well-being, and may improve sleep.

### How can I practice mindfulness?

You can practice mindfulness any time of day and practically anywhere. Mindfulness techniques include meditation, yoga, and journaling. To learn more about the benefits of mindfulness and more tips on how to practice mindfulness, [click here](#).

## FINANCIAL WELLNESS

Interested in getting your finances in order or want a quick refresher?

Interested in being part of a 4-week financial wellness program in April? [Click here to fill out an interest form.](#)

## UPCOMING EVENTS

**March 18th - April 22nd:** Water aerobics is back! Join our free 6-week class. Classes are held in the Woodruff Athletic Center from 4:45 - 5:30 pm.

\*No yoga classes will be offered during the 2-week break.

## ESPYR THIS MONTH

**Something New:** Learn about the benefits of positive self-talk.

[Click here to watch!](#)

## WELLNESS CHAMPION SPOTLIGHT

**Name:** Amy Chastain

**Position:** Interim Director, Alumnae Relations

**Years of Service:** 3.5 Years



### 1. What Balance resources/activities do you participate in?

"I couldn't get through my week without my WW meeting! As someone with chronic back pain, the subsidized massage program provides me with welcome relief. I also love any kind of step challenge. Whenever I interview someone for a position in my office I talk about the incredible Balance offerings provided by ASC."

### 2. How do you make wellness a priority in your life?

"At my office, we almost always come together every hour, on the hour, for a quick 3-5 minute work out (push-ups, sit-ups, squats, etc). It's so much more fun to do this together and it's a healthy break from sitting at our desks."

## WELLRIGHT CORNER

Have you completed your Health Risk Assessment (HRA) yet?

Log into WellRight today to complete a quick 10-minute screening. After completing the screening you'll get personalized recommendations and goals to help you stay on track of your health and wellness.

\*Please note, program admins **do not** have access to this information.

