



Relaxation Strategies Offered

Is anyone out there feeling stressed out? With the local and global economic situation, I'm guessing many of us are feeling overwhelmed and insecure. Everyday life can become so hectic that we internalize the stress and do damage to our bodies. No matter how much we wish for more hours in the day for our errands, our careers, and our family responsibilities, we can't change the clock and will often fall short of expectations. Trying to find a balance between work and family can sometimes be overwhelming, but when we do, it can feel pretty wonderful. The ultimate goal is to work toward that balanced life - time for work, relationships, relaxation, and fun.

The *Be Well* program is offering a Relaxation Strategies Class for employees at Utah State. The program is geared toward teaching simple techniques we can use in everyday situations to relieve some of our stressors. There will be two sessions offered. The first session starts **July 21**, and the second starts **October 13**. Both classes will run for two weeks, meeting on Tuesdays and Thursdays from 12-1:15 pm. Registration forms are available in the Wellness Center (HPER 109) and in Human Resources. The registration fee is \$20 and includes a relaxation survival kit, a mini massage, and a *Be Well* lunch on the last day of class.