April Employee Email Copy

Dear XXXX Employees,

Subject line: April Wellness Events: Stress Awareness Month!

Dear [Insert Agency/Higher Education Institution] Employees,

I hope you are getting outside to enjoy the beautiful spring weather we have been having! The sounds and smells of spring and my general feeling around this time of year brings back memories of the early days of the pandemic in 2020. That’s when my senses were more heightened than ever and I spent a lot of time outdoors – both to cope with stress and to gather with others safely.

This month, as we address stress with our wellness initiatives, I can’t help but think of the fact that the enormous stress we have all faced over the past few years has helped us to create a stronger, more resilient workforce. The stress we faced has forced us to change the way work and live. For each one of us, our experiences have been unique.

I encourage you to think and be proud of how you have personally adapted to the many stressors we have faced and the unique ways you have overcome the challenges. I also encourage you to consider participating in some of the upcoming events that will be taking place this month on this topic:

Webinars (Double click the webinar to be taken to the event registration page):

April 12th 10-10:15 a.m. CT [Fitness Connect Community: Fitness to Mange Stress](https://web.cvent.com/event/f94bd78d-2f72-40f4-a125-e6d698ad0039/)

April 13, 20, & 27 9-9:30 a.m. CT [Yoga to Manage Stress](https://ers.texas.gov/event-calendars/wellness-events?trumbaEmbed=view%3Devent%26eventid%3D159110884) **3-Part Series** via ZOOM

April 14, 10-11 a.m. CT [Taking Control of Financial Stress](https://register.gotowebinar.com/register/2541781034298838544)

April 21, 10-11 a.m. CT [A Life of Happiness & Fulfillment with Prof. Raj Raghunathan](https://register.gotowebinar.com/register/2592411345793733648)

April 28, 10-11 a.m. CT [Building Healthy Workplace Relationships & a Supportive Culture with David Yebra](https://register.gotowebinar.com/#register/3546367425202627087)

Also, one of the most effective ways to manage stress is to move and another one is to laugh and have fun! Do both through FREE multi-agency virtual fitness classes. The Virtual Fitness Calendars can be found on the [Work Well Texas webpage](http://www.wellness.state.tx.us/Challenge.htm). All classes will take place through Zoom.

We hope you will find these resources valuable. As always, if you have questions or concerns please feel free to contact me directly.

Sincerely,