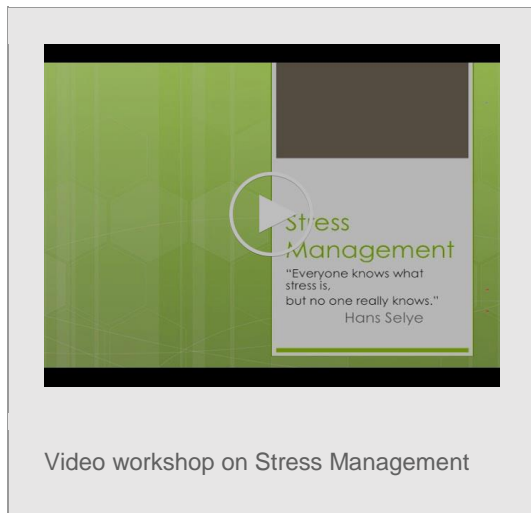




Stress Management

Stress. It happens to us all!

But it is how we deal with it that makes a difference. In this newsletter, you will find resources to help you identify your stress and learn to manage and cope with it. Not all forms of stress are bad of course, but knowing how stress affects you can help you form healthy habits for a longer life.



Video workshop on Stress Management

The video above is a workshop (roughly 30 minutes in length) which dives into the topic of Stress Management.

FREE resource for you!

As a student at Central Community College, you are able to participate in the Student Assistance Program (SAP). Through SAP, students who choose to participate receive an initial assessment. The intention is to open the door to problem resolution from a comprehensive counseling agency. When you resolve personal issues - everyone benefits! Students can concentrate on academic goals and achievements or personal matters. Each year, students receive up to six free sessions

Holmes and Rahe Stress Scale

This is a scale to help you get a grasp on your current level of stress. It is a tool to help you understand how life events can affect your stress levels, and when many are combined could be a factor in your health. Navigate to [this](#) website to learn more about the Holmes and Rahe Stress Scale and to take the scale!

with a counselor regarding a specific issue. Students may only need an objective listener for guidance through a difficult situation or experience. If more is necessary, the counselors are trained to assess and help direct the student to the best local resources.

To take advantage of this free service to students, simply call 1.888.381.7487.



5-Minute Meditation

You too can be as peaceful as this fellow! Follow [this link](#) to learn about quick and easy 5-minute meditation from About Health.

Meditation – alicepopkorn
<https://www.flickr.com/photos/alicepopkorn/3704377275/>



Check out this 12 minute TEDx talk with Melanie McGhee, L.C.S.W. She is an award-winning author with more than 25 years of experience in helping people cultivate sustainable inner peace. Learn more at her website, <http://peacefruit.com/>

Your heart is greatly affected by stress. Being physically active has a double benefit - it is good for your heart and helps reduce stress. Here are some recommendations from the American Heart Association for physical activity in adults. Remember that something is better than nothing when it comes to being active!



TOGETHER FOREVER – whologwhy
<https://www.flickr.com/photos/hulagway/6879359434/>



[Facebook](#)



[Twitter](#)



[Website](#)



This work is licensed under the Creative Commons Attribution 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by/4.0/>. This product was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The product was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership. The Nebraska Consortium of community colleges is comprised of equal opportunity/affirmative action institutions.



Our mailing address is:

Ashley Weets
3134 West Highway 34
P.O. Box 4903
Grand Island, NE 68802
308.398.7953
ashleyweets@ccneb.edu