

Ivy Be Well & Fit

Stress Awareness Month

Stress Awareness Month is an annual designation observed in April. Have you ever been in a situation that was a little (or a lot) overwhelming, you had deadlines approaching and a mile-long to-do list, and you were just in way over your head? Well, you're definitely not alone. Everyone feels stressed from time to time, especially as we get older and the responsibilities pile up. The thing about stress is, a little bit of it isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Learning to find a healthy balance is the best way to live a productive, happy life.

A small amount of stress once in a while is a good thing because it means you're working hard and you care about what you're doing. If you were never stressed, that would probably mean you're living a lethargic lifestyle without a whole lot of work involved. However, too much stress doesn't allow us to think straight, and is overbearing and counterproductive. Prolonged stress leads to real physical problems and can cause strokes, IBS, ulcers, diabetes, muscle and joint pain, miscarriages, etc. This month, recognize the difference between good and bad stress and try to find your happy place within the madness.

People who work too hard get rewarded. Let's work on changing that mindset and reward those who take a step back to take care of themselves.

Here are some great ways to keep your mind clear and de-stress if you find yourself getting too overwhelmed:

WHAT'S IN THIS MONTH'S ISSUE:

- Stress Awareness Month
- Resume Relay
- Wellness & Resource Fair, Self-Defense Class, and more!

- Exercise is medicine. You've heard this before, but exercise gets endorphins pumping through your brain, which triggers a happy feeling. Exercise lowers your body's stress hormones like cortisol, and releases chemicals that make you feel more at peace.
- Get outside. Nature is known to lower stress and is linked to lower risks of depression and improved concentration and attention.
- Light a candle, try essential oils, put on some soft, soothing music, and dim the lights. Try a hot bubble bath.
- Spend time around animals. Studies show that just petting and playing with pets helps lower anxiety and blood pressure.
- Spend time laughing with friends and family. Let yourself have a good time and get your mind off the busyness of the real world.
- Write about it. Journaling can lower stress and anxiety and help regulate emotions. Try something simple like writing down five things you're grateful for or your three greatest strengths and see how it makes you feel.
- Just breathe. Try one of our [meditation exercises](#) or use Headspace or Calm. Attend Mindfulness Mondays every Monday at 11:30.
- Include a visit to the [Relaxation Lounge](#) in Room 142 to your weekly schedule. You will find a variety of tools to help you destress.

Play Along





RELAXATION LOUNGE
FITNESS CENTER RM 142B

Need a space to take
a break and relax?

OUR RELAXATION LOUNGE FEATURES

- A quiet, relaxing atmosphere where you can de-stress
- Reclining Massage Chair
- Foot massager
- Heated Massage Pillow
- Weighted Blanket
- Relaxation DVDs & CDs
- Wellness Resource Library
- Creativity Tools
- Mini Zen Garden
- Light Therapy
- Blood Pressure Monitor
- Yoga Mats, Props, and Resources
- And much more to aid you in creating peace

OPEN FOR USE DURING
STAFFED FITNESS CENTER HOURS



Welborn Foundation
Wellness & Fitness Center

Join us!



SELF DEFENSE

WITH DAMIEN BURGE

PROTECT YOURSELF

Wednesday, April 24

12:30 - 1:15

Ivy Tech Koch Student Center



Welborn Foundation
Wellness & Fitness Center

Relax and Unwind

MINDFULNESS
MONDAYS

@ 11:30

Ease into your week with
meditation and light
stretching.

Relax, clear your
mind, and become
more focused to take
on the week.



WWW.IVYTECH.EDU/WELLANDFIT
@IVYTECHWELLANDFIT



Welborn Foundation
Wellness & Fitness Center

Ivy Tech
Community
Wellness and
Resource Fair

WEDNESDAY, APRIL 10
10:00 - 1:00
KOCH STUDENT CENTER

- OVER 40 VENDORS!
- MEDICAL ASSISTING STUDENTS PROVIDING CHOLESTEROL AND GLUCOSE SCREENINGS.
- NURSING STUDENTS PROVIDING INFORMATION ON VARIOUS HEALTH AND WELLNESS TOPICS.

BROUGHT TO YOU BY:

LAMKIN CENTER FOR STUDENT SUCCESS

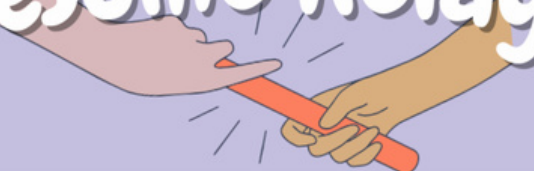


Welborn Foundation
Wellness & Fitness Center



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Resume Relay!



Boost your occupational and physical wellness.

JOIN THE IVY TECH CAREER COACHES AND WELLNESS CENTER STAFF

TUESDAY, APRIL 16TH 11 A.M.-1 P.M.

? **Wait- Do I have to run?...Nope!**

JUST BRING YOUR RESUME MATERIALS,
WALKING SHOES, AND APPETITE.



RSVP: <https://link.ivytech.edu/RR24>



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Career Link

Register now!



Snack Attack

NO BAKE GRANOLA BARS

If you're looking for a yummy and filling snack to take with you to work or school for extra energy, then you MUST try this recipe. It tastes like a candy bar except it's vegan and gluten-free.

Ingredients:

- 1 1/2 cups gluten-free rolled oats (or regular oats)
- 1 cup all-natural peanut butter
- 1/2 cup yellow raisins
- 1/2 cup pistachios
- 1/4 cup flax meal
- 1/2 cup walnuts
- 1/4 cup sunflower seeds
- 1/3 cup pure maple syrup
- 1/2 cup unsweetened applesauce (or regular)
- Optional: Melted dark chocolate for drizzling on top



Instructions:

1. Line an 8x8-inch baking pan with unbleached parchment paper and set aside.
2. In a large mixing bowl, or a stand mixer, add all the ingredients. Mix thoroughly until combined.
3. Press the mixture firmly into the prepared baking pan. Place in the fridge until the mixture sets, about 3-4 hours. Cut into bars and serve. Cover leftovers and store them in the fridge for up to 1 week.



April Wellness Calendar

Beginner Home Workout



Time to Enjoy the Great Outdoors!
Trails and Parks

FOR MORE INFO VISIT:



Wellborn Foundation
Wellness & Fitness Center