STRESS MANAGEMENT RESOURCES

The following resources are available to all Maricopa County employees. Whether you implement one, or a variety of activities, Wellness Works encourages you to use these stress reduction techniques and stress less at Maricopa County.

1. Physical Activity

of any sort can be one of the best ways to reduce stress, and Maricopa County offers its employees various options to incorporate movement into their lives.

Onsite fitness centers and group exercise classes are available at various County worksites. For more information and ideas on moving more at work click here.

If none of the classes fit your schedule, Wellness Works encourages you to go for a 5 – 10 minute walk before work, during your break(s)/lunch, and/or after work.

If on-site activity is not an option for you, check into membership discounts at the YMCA.

Yoga and its fundamental properties of stretching, strengthening, and breathing is a natural stress reduction activity. Maricopa County offers yoga classes at various County facilities.

2. Deep Breathing

sends a message to your brain to calm down and relax. Your brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

For a quick breathing activity that can be done at your desk, click here.

3. Mindful Meditation

has many healing benefits. It is performed when we sit without "doing" anything and focus on the present moment. As we do this, we let go of thoughts about the past and the future.

Click here for a quick mindful meditation activity that can be easily done at your desk.

4. Stress Management Classes

are offered through Human Resources training department. For information on classes, visit the training course catalog site (search for stress).

5. The Employee Assistance Program (EAP)

offered by Magellan, is an employer-paid benefit for all active employees that provides short-term counseling for both personal and work-related issues. All employees (including contract and temporary) and the members of their household of any age, including domestic partners, elderly parents, stepchildren, and others such as children in college who may be out of state, may use the EAP services.

The EAP provides a full range of counseling and referral services for individual, family and marital concerns, stress and job-related matters, child and domestic abuse, and legal and financial issues. Counseling is available by phone or in person, depending on your preference. More information regarding this benefit can be found by clicking here.

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