



Scavenger Hunt

Manage Stress Resources

- www.Stress.org—American Institute of Stress serves as a clearinghouse for resources on all stress related subjects. The Web site provides information on job stress and several other topics of interest that enhance the understanding of the role of stress in health and wellness.
- www.APA.org—The American Psychological Association Web site provides information for a variety of psychological topics, including stress. It includes a quiz to test your knowledge about stress and provides information and tips to identify warning signs of stress and stress management.
- www.HealthyGators.hhp.ufl.edu/videos.shtml—Stretching and gentle muscle exercises can greatly help relieve physical stress caused by sedentary work. This Web site from University of Florida offers video demonstrations of several office exercises and stretches that you can do at your desk.

Manage Stress Tip

Take Some Time to Laugh:

Laughing is a great stress reliever. There are several ways to make sure that you incorporate some laughter into your daily routine. Talk with a friend who makes you smile, read some good jokes or just pick up the cartoon section of the newspaper during lunch to refresh your spirits.



“Stress is the trash of modern life—we all generate it but if you don’t dispose it off properly, it will pile up and overtake your life.”

- Danzae Pace