C y b e r B r e a k

February 9, 2007

Coming up next week. . .

Wednesday, February 14th - Staff Birthday Celebration

3:00pm 2nd Floor – Bullocks Wilshire Building
Hosted by the Public Information Office

Join us in celebrating the birthdays of:

- ♥ Sharrel Gerlach - Library
- ♥ Juan Lopez - Tea Room
- ♥ Pamela Alvarado - Accounting
- ♥ Johanna Gan - Administrative Services
- ♥ Robert Mena - Student Affairs
- ♥ Dennis Ladd - Library
- ♥ Bethania Carswell - Administrative Services
- ♥ Liz Reinhardt - Public Information

HOW MUCH IS STRESS AFFECTING YOU RIGHT NOW?

Everyone experiences stress, but stress does not have to mean something negative. There are positive stressors, such as a workout program or attending a new class. Positive stress comes and goes with the situation, but negative stress, or DIStress, lingers and can turn into a vicious cycle of worry, anxiety, or even resentment. Your mind and your body are both affected by stress, so take the time to take care of yourself. The best way to counteract the effects of stress is through natural means; exercising and laughing are just a few examples, and here are a few more!

Stress-Busting Essentials:

Sleep soundly. You can cope better with stress when you are refreshed.

Talk about what is bothering you. Your family friends and coworkers can help just by listening to you.

Relax at least once a day. Try to reserve even just 15 minutes to put your feet up.

Exercise regularly. It helps release the physical tension caused by stress.

Snicker, giggle or laugh out loud. You'll feel better and put stress in perspective.

Set limits on extra demands. Learn to say "no" to the nonessential.

"A healthy body encourages a healthy mind.
A healthy mind gives the body a chance to do its natural thing and stay healthy!"
– from *Stress Control* by Steve Bell (in the Personnel Library!)

Save the date for the next
Staff Professional Development Workshop:
THE JOURNEY OF CHANGE
Friday, March 9, 2007
1 PM – 3 PM

FEEDBACK: Have ideas, suggestions, comments or contributions for future editions of CyberBreak? Please email them to Johanna Gan at jgan@swlaw.edu.