

JSC Transition Stress Support



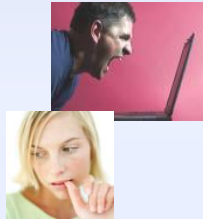
Be Proactive (conscious)

- ❖ [Stress Awareness: Body, Feelings & Behavior](#)
- ❖ [Resiliency & Coping](#)



Stress Reactions (unconscious)

- ❖ [Uncertainty, Anxiety & Fear](#)
- ❖ [Anger Tips & Tools](#)
- ❖ Watch the [Alcohol](#) & [Tobacco](#)
- ❖ [Curtail Emotional Eating](#)



We Can Help Guide You

- ❖ [Employee Assistance Program \(EAP\)](#)
- ❖ [JSC Clinic](#)
- ❖ [JSC Wellness Program](#)
- ❖ [Shuttle Transition Homepage](#) & [Life on Earth Menu](#)
- ❖ Your Community - [BAHEP](#)



Health Focus – Self & Family Care

- ❖ [Fight Back with Fitness](#)
 - ❑ [Fitness Challenge \(Mar & Apr\)](#)
- ❖ [Arm Yourself with Nutrition](#)
 - ❑ [Nutrition Challenge \(March\)](#)
- ❖ [Tackle the Tension – Office Stretches](#)
- ❖ [Relaxation Video](#)
- ❖ [Recreation & Fun](#)
- ❖ EAP Quick List
 - ❑ [Guest Speakers](#)
 - ❑ [Resource Library & Brochures](#)
- ❖ [Fitness Center Extension](#)



Mayo Clinic Online Tools

(requires Mayo login)

- ❖ [My Stress Solution](#)
- ❖ [My Smoke Free Future](#)
- ❖ [Health Monitor](#)
- ❖ [2010 Health Assessment](#)