

Health & Wellness Tip of the Week

Week 38
September 18, 2017

September is all about **Stress Management**

It is the perfect time to remind everyone about the importance of managing your stress and keeping it under control.



Creating Your Own "Happy Place"

After a long day, most people want and need to relax and recharge. Your environment can play a role in helping to provide that mental rest and reboot. Consider creating your own indoor oasis.

Some environmental considerations:

- ✓ **Light.** Think natural light from windows. Use light fabrics for curtains to allow the light to filter in while still giving you privacy.
- ✓ **Nature.** Consider incorporating living plants or a water feature, such as a fountain. Enhance the natural feel by using organic materials in your furnishings, pillows, and linens.
- ✓ **Space.** Designate a special spot as yours—whether it's a comfortable chair and a nearby bookshelf, a lounging daybed, or craft area. Create an area that helps you unwind.
- ✓ **Color.** Choose colors that calm you. You may want to consider colors such as light blues and soft browns.
- ✓ **Scent.** Try aromatherapy. Use a candle or diffused essential oil in a pleasing scent.

Sources: Hope Health

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