

My “Keep Refreshing & Inspiring” Plan

To build on my momentum in completing “Refresh From Stress: 30-day Inspiration,” I (name) _____ commit to the following plan to **“Keep Refreshing & Inspiring.”**

Benefits Experienced & When I “Refresh From Stress”:

1. _____
2. _____
3. _____

Signs I Need to “Refresh From Stress”:

1. _____
2. _____

My Favorite “Refreshers,” When & How I’ll Remind Myself to Use Them (e.g., set reminders in my phone / sticky notes):

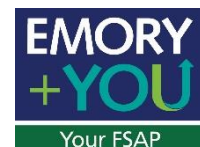
1. _____
2. _____
3. _____

Healthy Emory & Community Resources I’ll Use (see RFS Resource page):

1. _____
2. _____

I will share and update my plan with _____ (support person) on/every _____ (e.g., when: last Fri each month at 7 pm).

If I need additional assistance with managing stress, I can contact Emory’s Faculty Staff Assistance Program @ 404-727-WELL (9355). For Emory Decatur, Hillandale and LTAC employees only, contact ComPsych EAP @ 844-449-6541. **See additional resources on next page.**



Refresh From Stress Resource List

Emory and Atlanta Resources

- Healthy Emory Connect: www.healthy.emory.edu/connect
 - Whil – emotional intelligence, mindfulness and yoga video modules
 - Other wellness programs – getting active, eating healthy, sleeping well
- Emotional Health & Well-being
 - Emory Faculty Staff Assistance Program (FSAP): <http://www.fsap.emory.edu/>; 404-727-WELL(9355)
 - Emory CBCT® Courses, discounted for Emory faculty and staff: <https://t Tibet.emory.edu/cognitively-based-compassion-training/course-offerings/CBCT-courses-for-the-public/index.html>
 - Emory Meditation Classes: <http://www.buddhistclub.org/>
 - Atlanta Meditation Resources: <http://georgiameditation.org/index.html>
- Physical Health - Emory Health & Wellness: <http://www.hr.emory.edu/eu/wellness/index.html>
- Spiritual Health: (EHC) <https://www.emoryhealthcare.org/spiritual-health/index.html>;
(EUV) <http://www.religiouslife.emory.edu/>
- Emory's Quiet Spaces: http://www.religiouslife.emory.edu/religious_life_at_emory/Quiet_Spaces.html
- Work-Life Effectiveness: <http://www.worklife.emory.edu>; 404-727-8000

Website & Smartphone Application Resources and Videos

- Online Screening Tools – Free, anonymous self-assessment for mental health and substance abuse concerns: www.mentalhealthscreening.org/screening/EMORY
- Nutrition: <https://www.choosemyplate.gov/MyPlate>
- Physical Activity: <http://www.hr.emory.edu/eu/wellness/activeworks>
- Sleep: <https://sleepfoundation.org/sleep-topics/sleep-hygiene>
- White Noise & Natural Sounds to Help with Sleep: <http://www.tmssoft.com/white-noise-player/>
- Self-Compassion: <http://self-compassion.org/>
- Mindfulness: <https://www.mindful.org/meditation/>; <http://www.freemindfulness.org/download>
 - Headspace App: <https://www.headspace.com/headspace-meditation-app>
- Communication Skills: <http://newconversations.net/sevenchallenges.pdf>
- Gratitude: <http://gratefulness.org/explore/new-to-gratefulness>
- Resilience: <http://www.apa.org/helpcenter/road-resilience.aspx>
- Coping with Distress through Resilience Audio Activities: <http://www.ichillapp.com/info.html>
- General Stress Management:
 - https://www.ted.com/playlists/315/talks_to_help_you_manage_stress
 - <http://www.helpguide.org/articles/stress/stress-management.htm>
 - <http://fsap.emory.edu/emotional-physical-health/stress-management/take-5.html>

Free, In-Person Group Meditation, Stress Reduction, and Yoga Sessions

- Emory Meditation Classes: <http://www.buddhistclub.org/>
- Yoga @ Emory University Hospital: http://fsap.emory.edu/wellnessmatters/documents/Yoga_EUH1.pdf
- Atlanta Anxiety & Stress Management Institute: <https://www.stressmgmt.net/free-anxiety-and-stress-management-support-group> & <https://www.stressmgmt.net/free-introduction-to-mindfulness-practice-group>
- Drepung Loseling Monastery: <http://www.drepung.org/Changing/Classes/Basics.htm>
- Shambhala Meditation Center: <https://atlanta.shambhala.org/getting-started/>

