REFRESH FROM STRESS
30-DAY INSPIRATION

2018 Leader Fact Sheet

Refresh from Stress is a 30-day stress management and emotional well-being program for Emory staff and faculty. Through daily activities, participants can learn useful and easily implemented strategies to enhance their emotional health and increase their capacity to respond to and manage stress.

- Registration Opens: Tuesday, September 18, 2018
- Program: Monday, October 1 – Tuesday, October 30, 2018
- For more information, visit: www.fsap.emory.edu/refreshfromstress

HOW CAN WE BENEFIT FROM REFRESH FROM STRESS PARTICIPATION?

Leaders and Teams Who Participate in RFS:
- Model and commit to employee health and well-being
- Contribute to a healthy work culture
- Improve teamwork, morale, and engagement
- Experience practical, proven, and fun tools that reduce tension during high-stress periods.

Employee Feedback from 2017 RFS Participation:
- 91% felt better prepared to cope with life stressors
- 73% described improved physical health
- 68% noted increased productivity at work
- 71% reported enhanced relationships with friends and family
- 87% experienced greater emotional well-being