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 17, 2019
- Program: Tuesday, October 1 – Wednesday, October 30, 2019
- 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 2018 RFS Participation:**

- 86% felt better prepared to cope with life stressors
- 76% described improved physical health
- 68% noted increased productivity at work
- 86% experienced greater emotional well-being
- 93% reported *Refresh From Stress* was a valuable program