Refresh From Stress (RFS) 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 14, 2020
Program: Thursday, October 1 – Friday, October 30, 2020
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 2019 RFS Participation:
- 91% report improved management of stress
- 82% described improved physical health
- 71% noted improved productivity at work
- 88% experienced greater emotional well-being
- 97% reported Refresh From Stress was a valuable program