**StressBreaks**

**What It Is?**

*StressBreaks* is a FSAP wellness initiative that promotes healthy practices in the workplace. We bring healthy activities and information to your organizational units.

*StressBreaks* will help you to discover how to reduce stress and improve your health while at work. This program offers strategies for healthy breathing, stretching, and thinking.

*StressBreaks* benefits the staff by providing the opportunity to release tension from the workday with a series of simple exercises/techniques that helps one to relax and focus on what you are doing and what you have done.

*StressBreaks* incorporates chair yoga, desk-exercises, meditation and breathing techniques to help you create a work environment that enhances your productivity and wellbeing.

**Who Would Benefit?**

- Organizational units that are interested in promoting health and wellness.
- Individuals who have a hard time getting away to attend workshops and special programs. *StressBreaks* professionals will come to your unit and provide this valuable information.

**Who Are the StressBreak Professionals?**

- FSAP professionals who have in-depth knowledge in health and wellness.
- To coordinate a *StressBreak*, have your manager contact the Manager of Education and Outreach.

For more information, call the Faculty Staff Assistance Program (FSAP) at 404-727-WELL.