

## Wellness Wednesday: 10.16.19

### Welcome to Stress FUNDamentals!

Did you get the chance to take a look at this last week? That is quite alright if you did not. You may jump in **anytime** and use the resources available. The resources will always be available on the Employee Wellness website ready for you to start at your own pace. The program has 6 weeks of tips. Plan to start today or next week or next month! Whatever works for you!

### **Week #1 (10-16-19): Stressed out? Breathe in!** *Source: Mental Health America*

If you feel that stress is about to send you over the edge, take some time out and breathe in. Deep breathing changes your brain's chemical balance and helps to calm you down. Try the following breathing exercise:

1. Sit in a chair or on the floor.
2. Rest your hands on your stomach.
3. Slowly count to four while inhaling through your nose. Feel your stomach rise. Hold your breath for a second.
4. Slowly count to four while you exhale through your mouth. To control how fast you exhale, purse your lips like you're going to whistle. Your stomach will slowly fall.
5. Repeat the exercise three times.

**Other Resources for Week #1** [click here](#) to visit the Employee Wellness site for all resources listed.

- Address Stress
- Stress Assessment
- Physical Effects of Stress
- Stress Less
- Time Management

### **Launch week (10-9-19):**

Life is on fast forward, and with it comes chronic stress that can impair your health, relationships and finances. Now you can rewind and start over — with the Blue Cross and Blue Shield of Montana **Stress FUNDamentals** program. **Stress FUNDamentals** provides simple tips and tools to help you effectively manage stress. Follow along each week in Wellness Wednesday as we add new information and tips.. [Click here](#) to start the program with a personal contract and weekly schedule of topics.

### **Safety Starts With YOU!**

During the months of September through November, Montana School Boards Association invites you to participate in Safe Schools online safety training. Safe Schools offers online video safety training to all Great Falls Public Schools employees. You could win a \$50 gift card for participating. Please [click here](#) and follow the instructions to access the video trainings.

## Drug Take Back Event Next Week

A national prescription drug take back event is planned for October 26, 2019. 10-2 pm. Located behind Dante's Restaurant at the MT Highway Patrol Office: 812 14<sup>th</sup> St N. Message from event leaders about leftover or unused drugs: *Keep them safe. Clean them out. Take them back.* [Click here](#) for the flyer.

## Red Ribbon Week 2019

The Great Falls community including Great Falls Public Schools will celebrate Red Ribbon Week **October 28-November 1, 2019**. Ribbons for all staff will be available from your building administrative assistant next week. [Click here](#) for theme days, and other pertinent information for the week. It's not just for kids! Many of our community partners participate by wearing red ribbons, decorating their workplace and yes, participating in the fun theme days, all to support our students!

## Flu Shot Clinics 2019

- GFPS Flu Shot Vaccine Clinics are set for the month of October. Employees and spouses are eligible to attend. Pediatric shots are not available. [Click here](#) for the schedule or visit the GFPS Wellness site.
- Fire Station Flu Shot Fridays [Click here](#) for the schedule or visit the GFPS Wellness site.
- Veterans signed up through VA health care can get a free flu shot at Walgreens. [Click here](#) for more information.

### **As always: Visit the Employee Wellness Website**

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

### **As always: Visit the Student Wellness Website**

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness