



Counselors Corner

April 2023



 **Hello Spring!**
Let's destress together

Try Yoga

Get active

Read a book

Go for a walk

Listen to music

Connect with others

Get more sleep



HAPPENINGS:

- Are you feeling Overwhelmed, Tired, or Anxious? Riverside's Health & Wellness program offers a perfect opportunity to help manage your stress. Increasing your activity levels can boost your "feel-good" endorphins, and distract you from daily worries.
- Below are some of the yoga classes offered here at Riverside@
 - April Yoga Classes for students and staff: 4/4, 4/11, 4/18 from 3pm to 3:50pm and 4pm to 4:50pm. Located at the high School Gym &
 - 4/1, 4/15, 4/22, 4/29 from 10am to 10:50am located at the fitness center.

REFLECT

April is Stress Awareness Month! It is a month to give yourself the same kindness, attention, and care that you give to those around you. Take some time to reflect and ask yourself, "what am I doing to take care of myself?"



RESOURCES

Emotional Freedom Technique (EFT) tapping is an evidenced based technique that can help reduce stress in less than 6 minutes. Here is a short 7 minute video that teaches the technique and there are many free videos available on youtube or at thetappingsolution.com or eftuniverse.com. YOU CAN ENJOY a STRESS FREE LIFE!!!!

