

Human Resources

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Issue 13

Employee Services

New Hires: 7
Terminations/Retirements: 10
Positions Posted: 15

Employee Benefits

Benefit Enrollments: 39
Benefit Terminations: 9
Benefit Changes: 15

Human Resources Happenings

Congratulations to Tina Keiter on receiving her Professional in Human Resources certification!



Employment Opportunities

Scan the QR code for additional information.



Essential Stress Management Techniques

Stress is a universal human experience and we are very much still in the midst of a mental health crisis. That means every person can benefit from learning about stress and how to manage it. Listed below are a variety of stress management techniques you can start incorporating into your life today!

Exercise: Physical activity is one of the best ways to help you manage stress. Not only does it instantly improve your mood due to the release of hormones like endorphins and endocannabinoids, but it also helps improve your quality of sleep at night and improves your immune system. Both of which set your body up to handle stress more adequately.

Nutrition: Stress eating highly processed foods that are high in sugar and fat may provide temporarily relief, however they cause long term damage to both your physical and mental health. Focusing on eating nutritious foods and consuming a balanced diet not only keeps your body healthy, but it helps regulate your mood and manage stress levels.

Meditation: Meditating brings short-term stress relief as well as lasting stress management benefits. There are many different forms of meditation to try, each one is unique and brings its own appeal. Visit our previous blog post to learn more!

Gratitude: Studies show that grateful people enjoy better mental health, lower stress, and a better quality of life. Gratitude practices, such as journaling, are a great long term strategy for managing stress. Practicing gratitude regularly also reminds you of all of the resources you have to cope with stress, which is very empowering.

Positive Self-Talk: Training your inner voice to speak positively can help you develop a healthier outlook and help you manage your emotions and take positive action. Start paying attention to your self-talk and when you notice you are giving yourself harsh self-criticism or having self-doubt, redirect your thoughts in a more realistic and compassionate way.