

# wellness express

a monthly insight into St. Johns County wellness happenings

APRIL 2018



## Stress Less



Stress is an inescapable part of life. It gives us energy and motivation, but when our bodies stay in a state of long-term stress or chronic stress, damage can occur. We tend to think about stress after the fact, when we're already experiencing it, leaving us stressed about being stressed. It's important to realize that it is not based on external circumstances but rather a mindset that we have what we need to adjust and adapt in a healthy manner. More importantly, we need to be aware that stress affects us on a cellular level and could lead to a wide range of illnesses. This includes headaches, stomach disorders, depression and increased risk of serious conditions like stroke and

heart disease. While you can't avoid stress, you do have the power to choose how you respond. Only 10 to 15 minutes per day can improve your ability to cope with life's stressors. Take a walk, read a book, exercise at one of the County gyms, spend time with a friend or loved one, meditate, do yoga or just enjoy a warm cup of tea. This April send in a picture of you taking time to recharge. Your picture will be included in the Wellness gallery and you will be entered into a raffle for your choice of either a certificate for Debbie's Day Spa or St. Johns County Golf Club.

Send pictures to:  
dzupansic@sjcfl.us



### Screening Events

April 6 | 9am - 2pm  
Emergency Management  
May 8 | 8am - 5pm  
EXPO | BCC Garage  
May 23 | 9am - 12pm  
Supervisor of Elections  
June 6 | 12pm - 6pm  
SJSO Squad Room  
June 25 | 12pm - 7pm  
SE Branch Library

Don't forget that employees and spouses must make separate appointments. For more information, visit:  
<http://ec.sjcfl.us/home/PHA>



### Donating for a Cause

Tuesday | May 8 | 8am - 5pm  
We will include two food drives at our Expo this year:

**SJC Pet Center**  
**SJC Social Services**

When you donate, you will receive an additional ticket for one of the Wellness Expo Door Prizes!