

## Healthy Ways to Cope with Stress

Learning to cope with stress in a healthy way can help make you, the people you care about, and those around you become more resilient.

**Here are some healthy ways to deal with stress:**

- **Take breaks from watching, reading, or listening to the news, including stories on social media. Consider limiting news and disconnecting from your phone, TV, and computer/tablet screens for a while each day.**
- **Try to eat healthy, well-balanced meals.**
- **Exercise regularly; walk, stretch, dance are low-impact options.**
- **Get plenty of sleep.**
- **Avoid excessive alcohol, tobacco, and substance use. These may seem to help, but they can create additional problems and increase the stress you are already feeling.**
- **Continue with routine preventive measures as recommended by your healthcare provider.**
- **Make time to unwind. Try to do some other activities you enjoy.**
- **Connect with others: host an afternoon game get together, movie night, or book club**
- **Talk with people you trust about your concerns and how you are feeling.**
- **Engage in mentally healthy activities, such as meditation, affirmations, or music therapy.**
- **Recognize when you need more help. Considering reaching out to a psychologist, social worker, or professional counselor, physician, or pastor.**
- **Connect with your community- or faith-based organizations.**
- **Connect with family and friends who may live far away via phone, text, video chat, or by mail.**
- **Take care of your body**
- **Take deep breaths, stretch, or meditate**

### Wellington Place at Rib Mountain

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As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



**Wisconsin Illinois**  
SENIOR HOUSING INC.

[WellingtonPlaceRibMountain.org](http://WellingtonPlaceRibMountain.org)

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# Indulge in Self-Care to Reduce Stress

Stress Awareness Month in April reminds us to manage stress for our overall well-being. Recognizing the presence of stress proactively helps us identify its causes and gives us a chance to use healthy ways to cope. One of the best ways to reduce the effects of stress is to engage in self-care. **There is a large variety of activities to choose from to aid in melting the stress away:**

- **Physical: Exercise, eat well, sleep enough, and practice hygiene.**



- **Relaxation: Take breaks, and enjoy hobbies, leisure activities, and time in nature.**



- **Emotional: Journaling, mindfulness, and setting healthy boundaries.**



- **Intellectual: Read, learn new things, engage in creativity.**



- **Social: Spend time with loved ones, join groups, and make social plans.**



- **Spiritual: Practice gratitude, engage in spiritual activities, and connect with nature.**



# WiCAL

Wisconsin Center for Assisted Living

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## 18 Reasons to Volunteer

April 21-27, 2024 is National Volunteer Week. As a non-profit, we are always appreciative when people volunteer to help out, or donate with items or financial support to benefit our residents.

**Have you thought about the benefits of volunteering? Consider these 18 reasons to volunteer:**

1. To make new friends
2. To build personal and professional contacts
3. To build your self-esteem and self-confidence
4. To develop new skills
5. To make a difference in the world
6. To increase personal satisfaction
7. To add experience to your resume

8. To develop people skills
9. To develop communication skills
10. To do something as a family
11. To explore career possibilities
12. To feel needed and appreciated
13. To share your skills with others
14. To be challenged
15. To do something different
16. To earn academic credit
17. To improve your health
18. To have fun!

If you are interested in making a resident's day and helping out in our facility, please call us. We'd love to hear from you. Whether it's a couple hours a week or more often, the reward is friendship, fun and lots of smiles.



Thank you to every one of our staff for all you do every day helping residents, being a valued team member & making our community great!