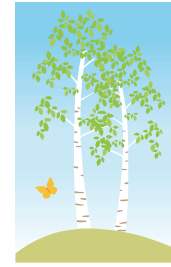
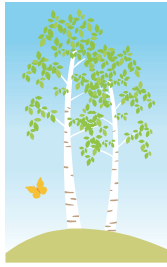




HCS Staff Wellness Newsletter



The Less Stress Checklist

The official count down to the end of the school year is on. As deadlines loom, keep these tips in mind to save yourself time, trouble, and stress.

- Keep stamps on hand. There is nothing worse than having to run to the post office when you're already rushed.
- Keep a bit of extra cash in the house. In case you forgot to swing by the ATM in time, this back-up stash will hold you over until your next trip to the bank.
- Bring an umbrella. Buy a compact, portable umbrella to carry with you so you're never caught in a downpour without cover.
- Don't wear tight pants or uncomfortable shoes. The quickest way to feel miserable is to wear something you are not comfortable in.
- Don't let yourself get too hungry. Pack a granola bar or some trail mix to tide you over between meals and stave off grumpiness.
- Put your keys away in the same place; keep an extra set of keys too. A basket by the door or a drawer in the kitchen are easy grab-and-go spots.
- Stock your purse with emergency items. Include band-aids and a small bottle of pain reliever for unexpected blisters and headaches.
- Make your bed. Invest 2 minutes every morning. You'll thank yourself later when you come home to a neat, restful space.
- Never let your car's gas level fall into the empty zone. You will save time by not having to pump gas in a rush.
- Get to know your neighbors. Have at least one friend who lives in your neighborhood for those times when you lock yourself out or discover you don't have any eggs half-way through cake making.
- Go to bed 30 minutes earlier than usual. Skip the late night TV. Your body will thank you.
- Get up 20 minutes earlier than usual. Get out the door on time for once, or at least in an easy, relaxed pace.