



## **Queens**



The Unisphere

**April**

### **All About Stress**

The meeting began with an explanation of “Mindfulness Meditation” which was followed by a 10-minute session of the same. Once we were all in a more serene place a discussion began about:

- The causes of stress (finances, health, major life events)
- Unhealthy ways of dealing with stress (drinking, smoking, over/under eating, withdrawal, avoidance)
- Helpful ways to avoid stress (learn to say no, pare down to-do list, avoid people or hot button issues, express and share feelings, manage time better, celebrate successes)
- Ways to relieve stress (go for a walk, read a book, listen to music, exercise, eat healthy, meditate, volunteer)
- Foods that can add to or cause stress

A Stress & Coping self-test was given to the group to complete on their own.