Stress Less, Live More: National Stress Awareness Day

Stress is a natural part of life, but when it begins to feel overwhelming, it can affect our physical health, emotional well-being, and relationships. National Stress Awareness Day is a reminder to pause, reflect, and take steps to care for ourselves.

Simple practices such as taking a walk, connecting with a friend, practicing mindfulness, enjoying a favorite activity, or spending a few quiet moments in reflection can help reduce stress and improve overall wellness.

Remember, self-care is not a luxury. It is an important part of maintaining good health. If stress becomes difficult to manage, reaching out for support is a sign of strength. Take a moment to breathe, recharge, and invest in your well-being. Small steps can make a big difference. Try the simple box breathing exercise below to get started. Need more help? Contact JFS.

The mission of Jewish Family Service (JFS) is to strengthen and preserve life in the Jewish community and the community at large through every stage of the life cycle. One of our most well-known services is Counseling. Our Licensed Mental Health Practitioners represent a combined experience of over 40 years in the field of mental health. Each is prepared to meet the needs of individuals, couples, families and children. We proudly offer EAP services to eligible campus employees. See the back of this flier for details.

BOX BREATHING EXERCISE

Box breathing, also known as square breathing, is a simple, four-step deep breathing technique that calms the nervous system and restores focus.

The exercise follows a 4–4–4–4 rhythm, meaning each phase lasts for a slow count of four. Repeat this cycle for 3 to 5 minutes (or about 4 to 7 rounds) until you feel centered.

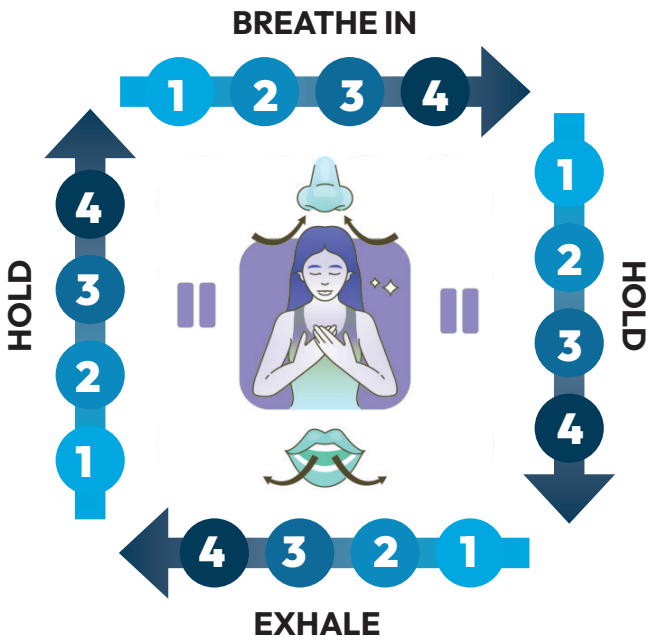
Start with an Exhale: Gently let all the air out of your lungs through your mouth.

1. INHALE: Breathe in slowly and deeply through your nose to a count of four.

2. HOLD: Keep the air in your lungs without tensing your chest or throat for a count of four.

3. EXHALE: Release the air steadily through your mouth for a count of four.

4. HOLD: Keep your lungs empty for a final count of four before starting the next cycle.



Jewish Family Service

Jewish Family Service is an agency of the Jewish Federation of Omaha

Jewish Family Service

EMPLOYEE ASSISTANCE PROGRAM



We specialize in:

- Stress
- Anxiety
- Depression
- Work/life balance
- Family
- Marriage/Relationships
- Parenting
- Play Therapy
- Grief
- Trauma
- Abuse

Call JFS at (402) 330-2024 to schedule your first appointment

The Jewish Federation of Omaha, through JFS, can offer you:

- **3 FREE counseling sessions** for every employee and their family members (three sessions per person, per occurrence).
- You can **continue to see your therapist** after the 3 free sessions. We accept all major insurance carriers and offer a sliding fee for those not covered.
- **NEW: Complimentary Consultation Services in order to stabilize a current situation** that you might be going through. No intake paperwork needed. We can usually accommodate employees within 48 hours, depending on availability.



PLEASE NOTE:

- Sessions are available **on-campus** or **through Zoom** (Virtual Counseling). COVID-19 might affect in-person availability, contact us for an updated status.
- To be mindful of the therapists' schedule, **please call the JFS main line** at 402-330-2024 ext. 6490.
- **No-show/late cancellation fees of $25.00** are the employee's responsibility.
- Our therapists need to maintain certain boundaries due to the close working relationship with some campus employees. To remain in compliance with our State Licensing Regulations and our NBCC Ethics Board, **we might need to refer you to Best Care EAP** at 402-354-8000.

ALL NAMES AND INTERACTIONS ARE KEPT STRICTLY CONFIDENTIAL

Jewish Federation of Omaha

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