



[www.stthomas.org/wellnesscenter](http://www.stthomas.org/wellnesscenter)

## Resources for Stress Management

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1. **Employee Assistance Program.** Confidential and professional services are provided as a benefit to staff, addressing such issues as personal and workplace stress, depression, dealing with change, family and marital issues and critical incident stress management. Call for a confidential appointment at 222-4755.
2. **Visit the PHD (Personal Health Development) Network website** at [www.activhealth.com](http://www.activhealth.com) to read a variety of topics relating to stress management and depression.
3. **The Wellness Center Yoga classes are a great way relieve stress.** Yoga stretches and strengthens the muscles while slowing down the heart rate and lowering blood pressure. For more information on these and other exercise classes, call The Wellness Center at 222-2056.
4. **The Department of Pastoral Care at St. Thomas** offers grief support, chapel worship services, spiritual retreat information, short-term counseling and referrals to counselors and churches. Call 222-6602 or visit the office on the 1<sup>st</sup> floor of the Support & Education Building.
5. **Massage Therapy** can help reduce mental and physical fatigue and stress. It is available at the Wellness Center by calling 222-2056. Services range from deep tissue massage to lymphatic drainage therapy to geriatric massage. All types of massages are priced as follows:
  - 30 minute massage = St. Thomas Associate \$35 / Non-Associate \$40
  - 60 minute massage = St. Thomas Associate \$60 / Non-Associate \$65
  - 90 minute massage = St. Thomas Associate \$85 / Non-Associate \$90

**Questions? Contact The Wellness Center at 222-2056.**