Before we start:

- Please make sure to check your microphone and camera to see if they are working.
- To ensure your voice is heard, please share comments or questions in the chat.
- If possible, please use headphones to prevent distractions.
- Use Zoom reactions to stay engaged.
COMMUNITY-CENTERED: A Monthly Wellness Series

Discussion Host: Michelle Galan
Cohost: Rachel Resnick
Mission Statement:

NCJWLA is committed to advancing economic justice for women and their families. In addition to our direct service programs; we support the passage of laws and policies that ensure economic security, promote dignity in the workplace, and expand the safety net for families who are struggling.
Building Our Wellness Community

- Give everyone the chance to speak.
- Listen actively and be respectful to others.
- Evaluate ideas, not people.
- Avoid blame, speculation, and inflammatory language.
- Stay engaged by participating.
Agenda for today’s meeting

- Welcome! & Community Check In (icebreaker)
- Stress and Wellness
- Featured Guest Speaker: John Vosler - Reducing Stress in Our Daily Lives
  - Sharing your experience
- Checking Out w/ Community
With **one** word, please describe how you feel when you are stressed.

**Share your voice in 2 ways:**

1) Click the **LINK** in the Chat and vote on Mentimeter.
2) Enter your **REPLY** in the chat!
What is Stress?

Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experiences stress to some degree.
In one word, please describe how you feel when you are stressed out?
Common Stress Symptoms

**Psychological**
- Depression or anxiety.
- Anger, irritability, or restlessness.
- Feeling overwhelmed, unmotivated, or unfocused.
- Trouble sleeping or sleeping too much.
- Racing thoughts or constant worry.
- Problems with your memory or concentration.
- Risky decisions

**Physiological**
- Aches and pains.
- Chest pain or a feeling like your heart is racing.
- Exhaustion or trouble sleeping.
- Headaches, dizziness or shaking.
- High blood pressure.
- Muscle tension or jaw clenching.
- Stomach or digestive problems.
Wellness is the act of practicing healthy habits daily to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.
John Vosler
International Meditation Teacher

*Being isn't what you do. It is who you are.*
What did you experience?

There is no wrong answer!
Check Out

Share with us tips on how you practice wellness.

Describe 2 things you are doing or want to do in the next 30 days to take care of yourself?
Thank you for joining us today

For more info about John Vosler: https://www.johnvosler.com

For more information about us: visit www.ncjwla.org

If you need some help finding resources, please: www.ncjwla.org/resources