

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



SCAN ME!

Scan for the digital copy of the BenefitU Interactive Calendar. Enjoy daily tips to help practice activities that support your health & wellbeing.

1 JOIN [SAVANNAH STEPPERS!](#) A WALKING INITIATIVE LED BY CITY OF SAVANNAH EMPLOYEES TO PROMOTE MOVEMENT AND CONNECTION. COMPLETELY FREE! OPEN TO ALL EMPLOYEES.

- DAFFIN PARK 5:30 - 6:30 P.M.
- MEET AT FOUNTAIN

2 [CITY EMPLOYEES ON THE MEDICAL PLAN](#) – COMPLETE YOUR BIOMETRIC SCREENING!

- ADAMS COMPLEX, ROOM 104 (20 INTERCHANGE DRIVE)
- 8:00 A.M. – 12:00 P.M.
- [REGISTER ONLINE](#) OR CALL TO SCHEDULE 912-819- 8177

3 CREATE A GO-TO STRESS RELIEF PLAN. MAKE A LIST OF STRESS RELIEF TOOLS THAT WORK FOR YOU—MUSIC, MOVEMENT, LAUGHTER, DEEP BREATHING, OR SOMETHING ELSE. [HAVING A PLAN HELPS FOR FUTURE STRESSFUL MOMENTS.](#)

4 TAKE A BREAK TO LAUGH WITH OTHERS. DID YOU KNOW LAUGHING DAILY CAN REDUCE STRESS BY PROMOTING RELAXATION, INCREASING ENDORPHINS, AND BOOSTING MENTAL WELL-BEING? THIS MONTH, TRY TO BRING MORE LAUGHTER INTO YOUR LIFE!

5 **SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT.**
~ROBERT COLLIER

6 RECHARGE WITH RESTFUL SLEEP. LACK OF SLEEP INCREASES STRESS, WHILE QUALITY SLEEP IMPROVES RESILIENCE. CREATE A BEDTIME ROUTINE — AIM FOR CONSISTENCY, DIM THE LIGHTS, AVOID SCREENS, AND WIND DOWN EARLY.



8 JOIN THE CELEBRATION! GA CITIES WEEK IS COMING SOON. [SIGN UP FOR EXCITING ACTIVITIES](#), INCLUDING A REFRESHING 20-MINUTE YOGA CLASS HOSTED BY THE YMCA.

- 11:00 AM - 1:00 PM
- DAFFIN PARK
- [YOGA: 12 - 12:20PM](#)



9 **SAVE THE DATE**
JOIN US NEXT MONTH, FRIDAY, MAY 9TH, AT THE [2025 BENEFIT U HEALTH FAIR!](#) DON'T MISS OUT—ENJOY FOOD, GIVEAWAYS, & SWAG!

- 8 AM – 3 PM, CIVIC CENTER

10 WALKING IS ONE OF OUR BEST STRESS BUSTERS! GET OUTDOORS. TAKE A WALKING MEETING. STRETCH BETWEEN BREAKS OR JOIN US AT [SAVANNAH STEPPERS!](#)

- 11:30 A.M. - 12:00 P.M.
- HR BUILDING, 5515 ABERCORN, MEET IN THE FRONT

11 DO SOMETHING KIND FOR SOMEONE ELSE. ACTS OF KINDNESS TRIGGER SEROTONIN AND OXYTOCIN, REDUCING STRESS AND INCREASING FEELINGS OF CONNECTION. SEND A KIND NOTE, PAY A COMPLIMENT, OR LEND A HELPING HAND TODAY.

12 YMCA HOSTS ACTIVE OLDER ADULTS WELLNESS DAY! A FREE EVENT OPEN TO THE PUBLIC. ENJOY ACTIVITIES FOR FUN-LOVING ADULTS, INCLUDING HEALTH & WELLNESS RESOURCES.

- 10 AM – 12PM HABERSHAM YMCA, 6400 HABERSHAM

13 JOURNAL ABOUT A JOYFUL EXPERIENCE: WRITING ABOUT POSITIVE EXPERIENCES CAN IMPROVE MOOD AND RESILIENCE. REFLECT ON A HAPPY MOMENT FROM THIS WEEK AND RELIVE THE JOY.



14 MOVE IN A WAY THAT FEELS GOOD. EXERCISE ISN'T JUST FOR FITNESS—IT'S A PROVEN STRESS RELIEVER. WHETHER IT'S YOGA, DANCING, OR A SHORT WALK, FIND A MOVEMENT THAT FEELS JOYFUL TO YOU. REMEMBER, SOME IS BETTER THAN NONE!

15 [STAY ACTIVE, STAY FIT – GET REIMBURSED!](#) THE CITY'S FITNESS REIMBURSEMENT HAS INCREASED TO UP TO \$40 PER MONTH FOR 2025.

- JANUARY - MARCH [SUBMISSION IS DUE TODAY!](#)



16 WHAT'S UP WEDNESDAY: [WORKPLACE ETIQUETTE: EMPLOYEE STANDARDS/CODE OF CONDUCT.](#) JOIN ANDREA ALLEN FOR AN INTERACTIVE SESSION ON WORKPLACE ETIQUETTE.

- 11 A.M. – 12 P.M.
- EARN 1 TRAINING HOUR!

17 *Thriving Thursday's*
[RECHARGE & RESTORE: MANAGING STRESS & SLEEP.](#) DISCUSS PRACTICAL WAYS TO REDUCE STRESS AND IMPROVE SLEEP, HOSTED BY LAUREN WILSON.

- [REGISTER TO ATTEND](#)
- 12:00 – 12:45 P.M. | VIRTUAL ONLY

18 DON'T HESITATE TO ASK FOR HELP IF YOU'RE FEELING OVERWHELMED. ACCORDING TO MENTAL HEALTH AMERICA, ONE IN FOUR PEOPLE IN THE U.S. DESCRIBES THEMSELVES AS "SUPER STRESSED." [LEARN MORE ABOUT EAP RESOURCES AVAILABLE TO YOU.](#)

19 THE POWER OF CONNECTION: LAUGH WITH A FRIEND. STRONG RELATIONSHIPS ARE KEY TO STRESS MANAGEMENT. CALL, TEXT, OR MEET A FRIEND TODAY AND SHARE A POSITIVE, FUNNY MOMENT TOGETHER.



21 WHAT YOU EAT CAN IMPACT HOW YOU FEEL! NUTRIENT-RICH FOODS LIKE VEGETABLES, FRUITS, AND WHOLE GRAINS HELP STABILIZE BLOOD SUGAR AND SUPPORT BRAIN FUNCTION, REDUCING STRESS AND IMPROVING MOOD. [LEARN MORE HERE!](#)

22 [GEORGIA CITIES WEEK: EMPLOYEE APPRECIATION DAY!](#) CONNECT WITH YOUR COLLEAGUES & HAVE FUN!

- [ACTIVITY SIGN-UP](#)
- 11:00 AM - 1:00 PM, DAFFIN PARK GRASSY KNOLL AREA
- [YOGA: 12 - 12:20PM](#)

23 CELEBRATE ADMINISTRATIVE PROFESSIONALS DAY! TAKE A MOMENT TO APPRECIATE THE HARD WORK AND DEDICATION OF OUR ADMINISTRATIVE PROFESSIONALS WHO HELP KEEP EVERYTHING RUNNING SMOOTHLY!



24 [PENSION PLAN, 457, AND BENEFITS CLASS:](#) JOIN US FOR A COMPREHENSIVE LEARNING SESSION ON OUR PENSION PLAN, 457, AND EMPLOYEE BENEFITS.

- 9 AM - 12 PM SPD AUDITORIUM - 3401 EDWIN ST

25 CELEBRATE EARTH DAY AND CONNECT WITH NATURE! SPENDING TIME OUTSIDE CAN LOWER STRESS HORMONES AND BOOST MOOD. TAKE A BREAK IN THE SUN, BREATHE IN FRESH AIR, OR WALK BAREFOOT ON THE GRASS.



26 YMCA - HEALTH KIDS DAY! FREE EVENT HAPPENING AT ALL YMCA OF COASTAL GEORGIA LOCATIONS! FOR DETAILS, [CALL \(912\) 354-5480](#) OR VISIT THE [YMCA OF COASTAL GA ON FACEBOOK](#)



27 FIND THE FUNNY IN EVERYDAY LIFE! LIFE IS FULL OF LITTLE HUMOROUS MOMENTS, BUT SOMETIMES STRESS KEEPS US FROM SEEING THEM. TODAY, CHALLENGE YOURSELF TO NOTICE SOMETHING FUNNY—A CHILDS UNFILTERED COMMENT, A SILLY PET MOMENT, OR AN AMUSING OBSERVATION.



28 TAKE A MIDDAY STRETCH BREAK. STRESS OFTEN MANIFESTS IN THE BODY. TAKE A FEW MINUTES TO STRETCH, ROLL YOUR SHOULDERS, OR STAND UP AND MOVE. IT CAN RELEASE TENSION AND IMPROVE FOCUS.

29 **WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT.**
~ARISTOTLE

30 REFLECT: WHAT HELPED YOU FEEL YOUR BEST? LOOK BACK ON THE MONTH AND IDENTIFY WHICH ACTIVITIES HELPED YOU THE MOST. CARRY THOSE HABITS INTO MAY FOR CONTINUED WELL-BEING!

April is both **Stress Awareness Month** and **National Humor Month**, making it the perfect time to focus on reducing stress while embracing laughter and joy. Life can be hectic, but small moments of humor and gratitude can make all the difference in how we handle challenges. This month, prioritize simple joys—a dance break, a deep breath, a mindful moment or enjoy a daily laugh. Laughter reduces stress, improves well-being and brings people together, **“A laugh a day, keeps the stress away!”**