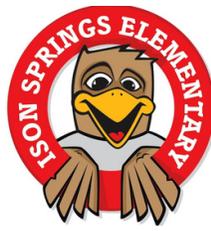


Staff Wellness NewsLetter



March 2025

Resource: <https://fultoncountygga.gov/for-employees/employee-benefits/employee-assistance-program>



Wellness Year-Round

Take Care of Yourself

As we "spring forward" this weekend and set our clocks ahead one hour, we know the time change can disrupt sleep and routines. To help ease the transition, here are a few simple strategies:

- Gradually Adjust Sleep Schedules – Go to bed 15-30 minutes earlier each night leading up to the change.
- Get Morning Sunlight – Natural light helps reset your internal clock and boosts energy.
- Stay Hydrated & Eat Well – Proper nutrition and hydration can help fight fatigue.
- Limit Evening Screen Time – Reducing digital exposure before bed improves sleep quality.
- Be Patient with Students & Yourself – It may take a few days for everyone to fully adjust.

Email

In March, Ms. Hicks will send out "Wellness Wednesdays" emails every Wednesday, featuring physical, mental, social, and stress wellness strategies. Please take a moment to review and incorporate what you can into your daily work-life.

In-Person

Join "Miles with Mitchell," an after-school walking group promoting wellness and community. Walk with us to stay active, unwind, and connect. Email Ms. Mitchell if you'd like to join!

Challenge

"The Biggest Loser" challenge is officially over. The last weight in will be on Thursday, March 5 and winner will be announced on Friday, March 6.