

Stress Awareness: Small Steps, Big Impact!

Take a moment to check in with yourself. Stress is a normal part of life, but when it builds up over time it can impact both mental and physical well-being. Recognizing stress early can help you take steps to manage it in a healthy way.

Wishing you a season of calm, balance, and renewed well-being.

Join Our Monthly Online Wellbeing Groups!

Brought to you by ComPsych®



Ready to recharge, reset, and sprinkle a little extra positivity into your month? Join a ComPsych® **huddle, webinar, or guided practice** anytime this month—and when you complete a quick survey by **4/30**, you'll be entered to win a **\$50 e-gift card!** Scan the QR code or click [here](#) to get started!

Explore sessions designed to support your wellbeing, reduce stress, and give you practical tools for your day—both in and out of the classroom.

All REEP members are welcome to participate—**regardless of medical plan enrollment.**

Live Webinar:

Staying Healthy as a Family
Sponsored by Kaiser Permanente

As we progress through different stages of life, we discover that health needs change. In this webinar, you will navigate common health concerns, review screenings and identify strategies to keep every member of your family healthy. You will learn ways to keep health on your mind and practice self-care. You will also be invited to create a realistic action plan to keep your family healthy.



- **Date:** Tuesday, April 21, 2026
- **Time:** Available on demand
- Scan QR code or click [here](#) to join from a desktop or mobile device





Worldwide Wellness Challenge



How's your Worldwide Wellness Tour going?

As you continue your 6-week journey, here's a reminder of what you're building along the way:

- Exploring new destinations through daily activities inspired by movement, mindfulness, and healthy habits from around the world.
- Strengthening your wellness routine as you practice consistent physical, emotional, and nutritional habits each week.
- Tackling weekly challenges designed to add variety, boost motivation, and help you discover new ways to stay active and reduce stress.
- Tracking your progress and earning points for movement, completed activities, and bonus opportunities.
- Connecting with teammates and coworkers as you "travel" together and support one another along the route.
- Celebrating milestone achievements as you move through the tour and work toward end-of-challenge recognition.

Challenge Dates: March 9 - April 19

Last day to log activity April 22nd!



Click [here](#) or scan the QR code to begin logging!



Eligibility: All REEP employees, spouses, domestic partners or adult dependents aged 18 and older enrolled in the REEP Anthem Blue Cross or Kaiser Permanente medical plan are eligible to participate in the challenge, but only REEP employees are eligible for incentives.

Monthly Health Observance



April Is Stress Awareness Month: Finding Balance in Everyday Life

Each April, Stress Awareness Month encourages us to recognize how stress affects our daily lives and to learn healthy ways to manage it. Stress is a normal response to challenges or change, but when it becomes long-term or overwhelming, it can impact both physical and mental health. Raising awareness helps people understand the importance of caring for their emotional well-being and building healthy coping habits.

Stress can show up in many ways, including trouble sleeping, difficulty concentrating, changes in appetite, or feelings of worry, frustration, or sadness. According to the CDC, taking small steps to manage stress each day can make a meaningful difference. Healthy strategies may include taking breaks from news or social media, spending time outdoors, practicing relaxation techniques like deep breathing or meditation, and staying connected with people you trust.

This month is a reminder to pause and check in with yourself and others. Prioritizing sleep, physical activity, balanced nutrition, and supportive relationships can help build resilience and improve overall well-being. Together, we can create healthier ways to cope with life's challenges and support one another in maintaining balance and peace of mind.

Source:

<https://www.cdc.gov/mental-health/living-with/index.html>



The REEP Wellness program offers programs and resources to support your wellbeing. Many offerings are available to all REEP members, while others provide enhanced benefits for members enrolled in a REEP medical plan. Explore the March wellness offerings to find programs available to you. **Please Note:** Under IRS rules, all wellness program rewards—such as cash, gift cards, and other non-medical incentives—are considered taxable income. (Source: IRS Publication 525)

Keenan®

www.keenan.com

Seeking connection and new skills?

Huddle up!

What are ComPsych® Huddles?

ComPsych **Huddles** are hour-long interactive online support groups focused on education, skill building and peer connection. We also offer **Alliances**, safe virtual discussion and support groups for individuals who identify as members of a specified community to share and process experiences or interests. If you prefer “listen and learn” opportunities, you can join **Huddle Webinars**, also up to an hour long, as well as **Huddle Practices**, for those interested in joining a 25-minute guided practice, such as relaxation exercises, mindfulness meditation or stretching, to promote self-care moments during the day. **Please note all times are in Pacific and are subject to change.**



Huddles cont.

| Date | Title | Time |
|-----------|--|----------|
| 4/14/2026 | Mindfulness 1: Introduction to Mindfulness | 10:00 AM |
| 4/15/2026 | Mindful Movement | 7:00 AM |
| 4/15/2026 | Managing Loneliness | 10:00 AM |
| 4/16/2026 | Creativity for Self-Care | 7:00 AM |
| 4/17/2026 | Building Self-Compassion | 12:00 PM |
| 4/20/2026 | Mindfulness 2: Mindfulness of Breath and Body | 7:00 AM |
| 4/21/2026 | Understanding Big Feelings in Little Bodies | 11:00 AM |
| 4/22/2026 | Relaxation Techniques | 7:00 AM |
| 4/22/2026 | Parenting: Strengthening Attachment Through Everyday Moments* | 11:00 AM |
| 4/23/2026 | Mindful Eating | 10:00 AM |
| 4/24/2026 | Mindfulness 3: Mindfulness of Thoughts and Emotions | 8:00 AM |
| 4/27/2026 | Preventing Burnout: Sustainable Self-Care for Busy Lives* | 10:00 AM |
| 4/27/2026 | Improving Sleep | 2:00 PM |
| 4/28/2026 | Self-Care and Resiliency | 7:00 AM |
| 4/29/2026 | Improving Sleep | 7:00 AM |
| 4/29/2026 | Tobacco and Nicotine Cessation and Relapse Prevention Support Huddle | 10:00 AM |
| 4/30/2026 | Strength Training 101 | 10:00 AM |

Alliances

| Date | Title | Time |
|-----------|-----------------------------|----------|
| 4/1/2026 | Black Alliance | 10:00 AM |
| 4/8/2026 | LGBTQIA+ Alliance | 8:00 AM |
| 4/10/2026 | Women's Alliance | 10:00 AM |
| 4/16/2026 | Healthcare Workers Alliance | 10:00 AM |
| 4/17/2026 | First Responder Alliance* | 8:00 AM |

Huddles

| Date | Title | Time |
|-----------|---|----------|
| 4/1/2026 | Menopause 101 | 7:00 AM |
| 4/2/2026 | Mindfulness 1: Introduction to Mindfulness | 2:00 PM |
| 4/3/2026 | Relaxation Techniques | 11:00 AM |
| 4/6/2026 | The Power of One-on-One: Reconnecting with Each Child | 8:00 AM |
| 4/7/2026 | Nutrition 101 | 10:00 AM |
| 4/8/2026 | Mood Management 1: Thoughts | 10:00 AM |
| 4/9/2026 | Finding Gratitude in Our Everyday Lives | 10:00 AM |
| 4/14/2026 | Mood Management 2: Behaviors | 7:00 AM |

How to Huddle up!

Participants can view the calendar of upcoming Huddles on GuidanceResources® Online or the GuidanceNowSM app and self-register for topics that resonate with them.

To join a session:

- 1 Scan the QR code below or log on to GuidanceResources Online. (If you have not yet registered on the site, use your organization's unique Web ID to do so.)
- 2 Scroll down to and click on **Browse All Services**
- 3 Choose the **Online Huddles** tile and accept the external link notification



Practices

| Date | Title | Time |
|-----------|--|----------|
| 4/3/2026 | Guided Stretching Practice | 7:00 AM |
| 4/7/2026 | Gratitude Brief Practice | 7:00 AM |
| 4/10/2026 | Posture Reset Practice | 7:00 AM |
| 4/12/2026 | Mindfulness Brief Practice | 10:00 AM |
| 4/13/2026 | Progressive Muscle Relaxation Practice | 10:00 AM |
| 4/15/2026 | Guided Imagery Practice | 12:00 PM |
| 4/17/2026 | Gratitude Brief Practice | 10:00 AM |
| 4/21/2026 | Guided Meditation Practice | 10:00 AM |
| 4/22/2026 | Progressive Muscle Relaxation Practice | 8:00 AM |
| 4/24/2026 | Guided Breathing Practice | 10:00 AM |
| 4/28/2026 | Guided Imagery Practice | 10:00 AM |
| 4/29/2026 | Guided Meditation Practice | 8:00 AM |
| 4/30/2026 | Mindfulness Brief Practice | 7:00 AM |

Webinars

| Date | Title | Time |
|-----------|---|----------|
| 4/2/2026 | DEIB: Mental Health Needs for Persons who are Deaf and Hard Hearing | 9:00 AM |
| 4/9/2026 | Managing Personal Finances | 8:00 AM |
| 4/13/2026 | Protecting Children from Sexual Abuse* | 9:00 AM |
| 4/15/2026 | Planning for "I Do": Understanding the Legal Aspects of Marriage* | 8:00 AM |
| 4/20/2026 | Living Nicotine Free | 10:00 AM |
| 4/20/2026 | Journaling and Writing for Personal Growth* | 12:00 PM |
| 4/21/2026 | A Whole Health Lifestyle Approach to Maximize GLP-1 Medications | 7:00 AM |
| 4/23/2026 | Overwhelm: Coping with Stress and Fear | 12:00 PM |
| 4/27/2026 | Coping with Grief and Loss | 8:00 AM |
| 4/28/2026 | Are You Financially on Track for Retirement?* | 8:00 AM |



24/7 Live Assistance

Call:
App: GuidanceNowSM
Online: [guidanceresources.com](https://www.guidanceresources.com)

TRS: Dial 711
Web ID:

➔ Scan for more resources



Get ready for summer camp!

It's never too early to start thinking about summer camp for your kids.

Many of the most-popular camps begin taking applications as early as March, so it's important to act quickly to secure a spot before they're all filled.

Call your Employee Assistance Program for help

Whether you need a day camp, overnight camp, a specialty camp for drama, sports, language, computers, music or survival skills, or a camp for a child with special needs, we're here to help. Tell us what you're looking for, and we'll provide you with three to five listings that match your request.

Each referral includes:



Program description



Contact information



Details on camp tuition



The camp may not be free, but our help with finding one is.

Don't miss out!

Spaces fill up quickly, and camps may not guarantee a spot until they've received your application and fees (if any). Call your Employee Assistance Program today and ask to speak to someone about summer camp referrals.



Live Assistance

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App: GuidanceNowSM
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TRS: Dial 711
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→
Scan for more resources

