

Staff Wellness Resources

Lisa Cooperstein MS ATC

Well Aware Employee Wellness Program

ERSC

Exercise regularly

Regular **exercise** can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits.

- MoCo Rec facilities are free for MCPS employees
- Free exercise classes from Well Aware (Zumba, HIITCamp, Yoga, Tai Chi, Mindfulness)
 - Join the Well Aware daily email distribution list for a list of classes (Zumba, Yoga, HIITCamp, Barre, etc.)!
 - <https://www2.montgomeryschoolsmd.org/staff/wellness/toolbox/>
- Well Aware fall physical activity challenge
 - <https://www2.montgomeryschoolsmd.org/staff/wellness/>
- Kaiser Permanente Members:
 - ClassPass via www.kp.org/exercise
 - <https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser>
- Cigna Members:
 - Weight Management (Omada Health)
 - Chronic Condition Support
 - Healthy Pregnancy Program
 - <https://www2.montgomeryschoolsmd.org/staff/wellness/discounts>
- [WellBeats](#) (1000s of hours of free online fitness and wellness classes)
- [HFP Live](#) (Live and recorded virtual health and wellness classes)
- In school suggestions:
 - Step challenge
 - Quick yoga/stretch/deep breathing pre meeting
 - Weekly class together virtual, use a classroom

Manage stress

Stress management is beneficial to reduce blood pressure, heart disease, digestive troubles and many more physical ailments. It also helps improve sleep, mental health, and focus.

- Free mindfulness classes from Well Aware including yoga, tai chi, and meditation
 - Join the Well Aware daily email distribution list for a list of classes(Yoga, Tai Chi, Mindfulness, etc.)!

- MCPS Employee Assistance Program

<https://www.montgomeryschoolsmd.org/departments/eap/>

- Online resources from MCPS including mindful moment video series.

<https://www.montgomeryschoolsmd.org/mainstory/story/668253/Mindful-Moments/>

- [Wellbeats](#) (1000s of hours of free online fitness and wellness classes)
- [HFP Live](#) (Live and recorded virtual health and wellness classes)

- Cigna

- www.mycigna.com
- Member discounts
- Healthy Pregnancy Program
- Stress Management, Quit Smoking
- <https://www2.montgomeryschoolsmd.org/g/staff/wellness/discounts/>

- Kaiser Permanente

- www.kp.org
- Calm App
- Video visits for mental health
- [Mental Health and wellness Apps](#)
- <https://www2.montgomeryschoolsmd.org/g/staff/wellness/discounts/kaiser>

Eat Right

A **healthy diet can** help counter the impact of **stress** by shoring up the immune system and lowering blood pressure.

- Healthy eating webinars recorded and archived on the MCPS Employee Wellness Website
- [Healthy Cooking Demonstration Videos](#)
- [Wellbeats](#) cooking demonstrations
- Cigna Members:
 - Weight Management (Omada Health)
 - Chronic Condition Support
 - Healthy Pregnancy Program
 - <https://www2.montgomeryschoolsmd.org/staff/wellness/discounts>
- Kaiser Permanente Members:
 - Health and Nutritional Coaching
 - <https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser>
- In school suggestions:
 - Salad club/Smoothie club
 - Share healthy recipes
 - Crock pot oatmeal, soups

Additional Resources:

EAP (Employee Assistance Program):

HELP with life's challenges, BIG OR SMALL

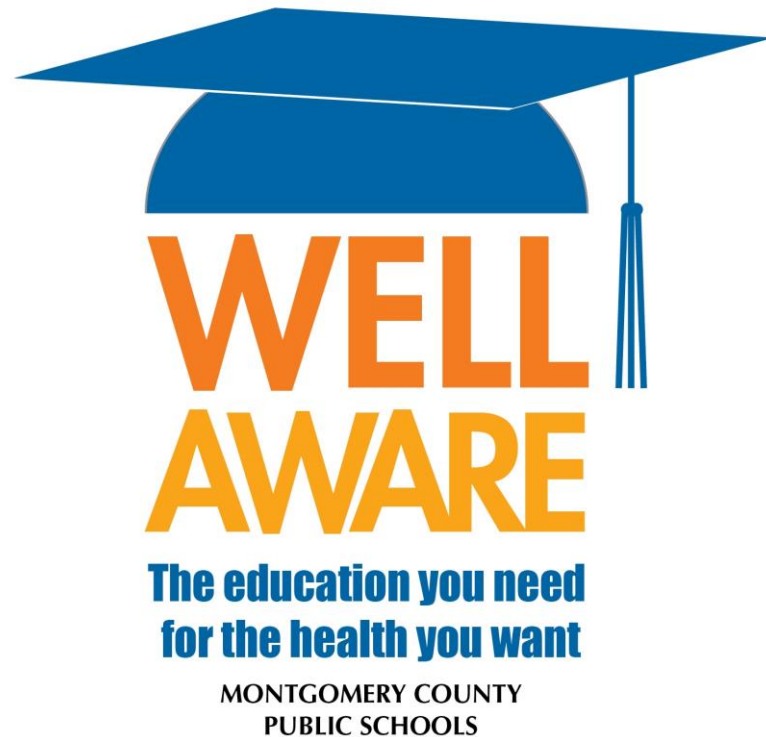
With the ongoing global health crisis and recent events in our country, many of us are finding ourselves increasingly stressed about our health, the economy, and racial injustice. Please know that in these unprecedented times, the [MCPS Employee Assistance Program \(EAP\)](#) is available to support you and your family.

We are offering:

- telephone counseling,
- video conferencing,
- direct email communication, and
- relevant webinars

- Financial information
 - Housing support, Debt, Balancing Budget, sick leave bank, union supports
- Well Being/Self Care
 - Video visits, Mindful moment MCPSTv, Well Aware, Happiness Lab Podcast, Headspace App, MoCo Virtual Rec Room
- Community
 - Govt resources (MoCo, etc.), LGBTQ+ specific resources, Manna food center, Digital library card
- Personal
 - Substance abuse, intimate partner violence, crisis support, suicide hotline

Questions?



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[https://www2.montgomeryschoolsmd.org/staff/
wellness/toolbox/](https://www2.montgomeryschoolsmd.org/staff/wellness/toolbox/)
<https://twitter.com/MCPSWellAware>

Employee and Retiree Service Center
301-517-8100
ERSC@mcpsmd.org

National Suicide Prevention Lifeline
Hours: Available 24 hours. Languages: English,
Spanish. Learn more
988 Suicide and Crisis Hotline

Text **HOME to 741741** to connect with a
volunteer crisis calendar