

Stress Management



Program / Collateral	Description / Cost
EW Yoga Classes Website Link—Classes	60 minute classes occurring weekly / 12 different locations / \$5 per class for CC Employees / passes available. See link for schedule. We can also tailor experiences for groups of 8 or more regular participants.
Yoga Teacher Training Website Link—YTT	200 hour training program culminating in initial yoga teaching certification, as defined by Yoga Alliance. Work Study program option available (significant tuition reduction) for CC Employees interested in teaching yoga in their department / facility. Full tuition \$3,900.
Mindful Moments App Available on App Store	Smartphone app offers 15 specially designed stress meditation exercises of varying length, allowing for a regular, simple daily practice of stress relief. Free download.
Stress Free Now Program Website Link—SFN	<p>Stress Free Now is a highly acclaimed and proven effective program developed at the Cleveland Clinic Wellness Institute. It is designed to increase your ability to live more mindfully, to direct your attention and energy to the present moment. Our clinical study, published in the <i>Annals of Behavioral Medicine</i>, shows a 40% decrease in stress among program participants and a 70% increase in vitality.</p> <p>This six-week program is time-efficient and doable in the context of your life. You will need only a few minutes a day for reading, and 10-15 minutes at least four times each week for the relaxation practice.</p>
Go! To Sleep Website Link—Go! Sleep	<p>6 week online program, clinically designed to improve sleep quality and reduce insomnia symptoms. eCoaching also available to keep participants on track.</p> <p>Regularly \$40 / Employee Discount \$10.</p>
Stress Dots Yoga on Demand & Yoga—On-The-Go Cards Intro to Mindfulness Through MyLearning	<p>Fun, quick tool to use in team meetings or individually to gain real time feedback on your level of stress.</p> <p>4 yoga videos that you can follow if you cannot make one of our classes and also a 16 simple poses you can do at your desk or at home to stretch out! Download and take it with you anywhere!</p> <p>This course on Mindfulness will put participants in touch with many resources. The course itself will include defining Mindfulness, research that forms a solid evidence base, examples ranging from meditation to more focused practices. Participants will learn techniques and practice those with support.</p>
On the Website Stress Management	Visit the Stress Management tab for additional collateral and information on the importance of stress management in every wellness plan, as well as information on services offered through the Center for Integrative and Lifestyle Medicine.

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Recharge with H.E.A.R.T. web-link Coming Soon!	Recharge with H.E.A.R.T.SM was developed collaboratively by the Office of Patient Experience, the Office of Caregiver Experience, and the Wellness Institute. It is designed for you, our caregivers, to give you the tools and skills to address stress and to be able to recharge. The program is comprised of three separate one hour sessions: “In the Moment”, “Being Prepared”, and “Supporting Each Other”.