Relax. A Special Stress Management Workshop

Summary

February 17, 2021

Stress is a part of life and work, and it can affect our overall health and everything we do. In this special workshop, built on principles of National RTAP's Healthy Habits technical brief, participants learned how to manage stress and truly relax, even during difficult times. They were led through gentle exercises and a relaxing rural transit-themed guided visualization that will truly make their stress disappear. Our audience shared tips that can help you reduce stress now and in the future.

Some jokes you can share:

Ned and Ted were waiting at the bus station.
Ned asked Ted - Do the buses and trains run on time?
Ted said - No, buses run on wheels and trains run on the tracks.

Knock, Knock. Who’s There?
Parrot. Parrot Who?
Paratransit? Paratransit Who?
Paratransit who can take you where you need to go!

What do you call 3 flat tires, 1 busted belt, and a dent in the fender?
Monday!

Audience feedback about the jokes:

- The paratransit joke was cute
- I love silly jokes

What creative endeavors do you do to relax?

- Scrapbook with my son
- Sew and knit
- Read and color
- Walk my dog
What healthy foods do you enjoy?

- Beets
- Pho chay!
- Radish and watermelon (not together)
- I love to cook and make dinner for friends. I enjoy trying complex recipes.
- In the summer I love melon and basil. A sun ripened tomato or berry is like eating sunshine.
- Apples in an apple pie!

Share your tips for exercise.

A walk during lunch or a break greatly improves my mood, attitude and outlook.

Share additional feedback.

This is the first ever guided meditation with a bus trip! Fantastic!

Audience Question:
What are the titles of the three books you read from?

Answer:
- 365 Simple Pleasures by Susannah Seton (Conari Press, 2001)
- Native American Wisdom edited by Kristen Maree Cleary (Barnes & Noble Books, 1996)