



Welcome to the April 2025 Wellness@NIH Newsletter and see below for upcoming events. Feel free to view or share a [PDF version](#) of this newsletter.

Wellness Announcements

8 Dimensions of Well-Being- Emotional Health: Join panelists from NIMH/NIH Clinical Center, Employee Assistance Program and [Wellness@NIH](#) for health education and a panel discussion on prioritizing your emotional health every day and during uncertain times on **Wednesday, May 13 from 3:00 PM to 4:00 PM ET**. [Click to join the webinar.](#)

Wellness@NIH Presentation Request Form: Are you looking for the Wellness Team to present to your ICO on a specific health topic, or to educate your team on the program area's benefits? If so, we have a [new intake form](#) which takes less than one minute to complete. Your answers help us determine the best option(s) for your team's needs. Once the form is received, staff will respond within 48 hours to discuss your needs.

Toolkit: Staff Resources for Stress Relief and Facilitating Team Building: View this [new central repository](#) of pre-recorded webinars and reading resources offering staff an opportunity to address stress, utilize one or more icebreakers during team meetings, and to encourage brain breaks in the workday.

Upcoming Events

Daily Fitness and Movement Classes: [April Schedule of Classes](#) and [Class Descriptions](#) are available. Classes are 20-30 minutes in length, designed to give you a much-needed movement break, and short enough to get you on to your next meeting. Led by NIH R&W instructors.

Financial Wellness Webinar: Join the NIH Federal Credit Union (NIHFCU) for **Build Your Monthly Spending Plan** on **Wednesday, April 30 from 2:00 to 3:00 PM ET**. Join NIHFCU to learn more about the process for creating a plan for where you want and need your dollars to go each month. [Reserve your virtual seat.](#)

Nursing Mothers Program Education Classes: These online classes are designed to complement those offered by your hospital or childbirth educator. **Monday, May 12 from 12:00 PM to 1:00 PM ET**, "Breastfeeding and Return to Work." Prenatal breastfeeding education classes are open to all women working at NIH who are registered for the Nursing Mothers Program.

Recognizing and Coping with Stress Webinar: Increase awareness of your personal stress triggers

and learn simple tips to deal with them for a more balanced life. **Tuesday, May 20 from 12:00 to 1:00 PM ET.** [View the flyer](#) for more details. Registration is required. Sponsored by Kaiser Permanente.

Highlights in this Issue

[Grape Seed Extract](#) (NCCIH)

[Managing Stress | Mental Health | CDC](#) (CDC)

[Midlife Eating Patterns Tied to Health](#) (NIH Research Matters)

[Reducing Stress](#) (Wellness@NIH Resources)

[Seasonal Allergies at a Glance](#) (NCCIH)

[Slowing Sarcopenia](#) (NIH News in Health)

[Video: Engaging More Men in Cancer Prevention Research](#) (NCI)

Connect with Us

Interested in communicating with other like-minded NIH employees about healthy lifestyles and wellness? Please join:

- [Wellness@NIH listserv](#)
- [Wellness@NIH Facebook group](#)
- [Wellness@NIH Website](#)

To arrange sign language interpreting and/or real-time captioning services for our events, please visit the Office of Research Services (ORS) [Interpreting Service page](#). For general information, please refer to the [NIH Reasonable Accommodation Policy](#). If you require reasonable accommodation to participate in an event, please contact the event host as soon as possible.

For questions or comments about this newsletter, please reach out to [Jan Tortarella, NIH Wellness Programs Specialist](#)