



Office of Research Services
Serving the NIH Community

Wellness@NIH

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

July Wellness Tip

When our brains are in fight or flight mode during a stressful event, we may have difficulty making good decisions and may react to a situation instead of responding to a situation. Reacting is an immediate action typically driven by emotions and without much thought whereas, responding involves a thoughtful approach to the situation and can lead to improved interactions with others. Pausing can be an effective tool to utilize in high stress situations because it interrupts the fight or flight response and allows us to regain control. Consider this emotional regulation tool the next time you find yourself prepared to react rather than respond in a stressful situation: **Pause, Notice, Choose (PNC)**.

Pause: As soon as you feel emotions escalating, simply stop.

Notice: Pay attention on purpose to how you are feeling in the moment. Pay attention to any thoughts, feelings or physical sensations you are noticing as well as the energy and attitudes around you.

Choose: Decide in the present moment how the best version of yourself will respond with ease, calm and centeredness.

Practice the pause and respond with intention!

Upcoming Events

Daily Fitness and Movement Classes: [July 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.

NIH Financial Webinar: The start of a new school year can be an exciting time. Whether it's the first day of elementary school or the transition to college, there is much to prepare for! However, back-to-school excitement brings back-to-school costs. Join us on **Wednesday, July 16 from 2:00 PM ET– 3:00 PM ET** for **Successful Back to School Planning Tips**. [Reserve your virtual seat today.](#)

Men's Health Webinar: Join us on **Tuesday, July 22 from 1:00 PM ET – 1:45 PM ET** as we tackle some of the most pressing — and often underdiscussed — men's health concerns. Learn what to avoid, what to embrace and how to take control of your health with evidence-based, practical tools. Perfect for men of all ages who want to stay proactive and empowered about their health. [Learn more and register here.](#)

Monthly Meditation: Join us on **Wednesday, July 23 from 3:00 PM ET – 3:30 PM ET** to beat the summer heat with the calming and cooling practice of Non-Sleep Deep Rest (NDSR), taught by Allison Rose, MHS, E-RYT500, Ayurveda Yoga and Fitness Specialist. [Participant link to join.](#)

Highlights in this Issue

[Healthy Eating and Kidney Disease](#) (NIDDK)

[Recipe: Summertime Peach Smoothie](#) (Eurest)

[Social Wellness Toolkit](#) (NIH Health Information)

[Ticks and Lyme Disease](#) (Johns Hopkins)

[Travelers Health](#) (CDC)

***REMINDER**

Discontinuation of NIH Back-Up Care Program: After careful consideration and a review of program resources, Child and Family Programs regrets to announce the **discontinuation of the following services effective July 31, 2025:**

- Back-Up Care
- Virtual Tutoring
- Steve & Kate's Camp Services

Child and Family Programs understand that these services have been valuable resources for many NIH families, and this decision was not made lightly. They are committed to supporting you through this transition and will provide information about alternative resources and options as they become available. We appreciate your understanding and continued support of NIH Child and Family Programs. You may direct all questions to NIH Employee Services at ORSWEPB@ors.od.nih.gov.

Connect with Us

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

- [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](#)