



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

Wellness Announcements

[Recognizing and Coping with Stress Webinar:](#) Join us to 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 - 1:00 PM ET.** [View the flyer](#) for more details. Registration is required. Sponsored by Kaiser Permanente.

[8 Dimensions of Well-Being Emotional Health:](#) In case you missed it...a recording link and slides are now available from our panel discussion on prioritizing your emotional health every day and during uncertain times. View the [recording](#) and [slides](#) on our website.

Upcoming Events

[Daily Fitness and Movement Classes:](#) [May 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 **Three Transitions to Retirement** on **Tuesday, May 27 from 6:00 - 7:00 PM ET** and **Understanding Your Rollover Options** on **Tuesday, June 3 from 6:00 - 7:00 PM ET**. Join NIHFCU to learn more about retirement goals and your financial future. [Reserve your virtual seat.](#)

[The Power of Gratitude Webinar:](#) Join us to discover how practicing gratitude can help you relieve stress and increase happiness in your life. **Wednesday, May 28 from 12:00 - 1:00 PM ET.** [Register today.](#)

[Mindfulness for a Brain Reset:](#) Join us to learn how mindfulness can help you hit the reset button on your brain for greater resilience, concentration and productivity. **Monday, June 2 from 12:00 PM - 1:00 PM ET.** [Register today.](#)

[Spice Up Your Meals Webinar:](#) Pass the pepper, not the salt! Learn tips to reduce sodium intake and discover the benefits of adding more herbs and spices into your meals. **Tuesday, June 3 from 2:00 - 3:00 PM ET.** [Register today.](#)

[Mobile Health Screening Van:](#) Biometric health screenings return to Bethesda on **Monday, June 9 from 8:00 AM - 2:00 PM ET, Lot 10H Clinical Center.** Appointments are **15 minutes each.** Check your Blood pressure, Cholesterol (non-fasting), Diabetes (A1C) and receive general health

education. Walk-ins are welcome & appointment reservations are limited. [View the flyer](#) and sign up today.

[Men's Health Issues Webinar](#): Join us on **Tuesday, June 17 from 12:00 - 1:00 PM ET** to learn about screening guidelines and ways to reduce your risk for heart disease, stroke and the most common cancers for males. [View the flyer](#) and [Participant link to join](#).

Highlights in this Issue

[2 Minute Guided Mindful Meditation for Spring](#) (Johns Hopkins)

[Caring for Your Mental Health](#) (NIMH)

[Frontline Wellness](#) (NAMI)

[IBS: What you Need to Know](#) (NCCIH)

[Your Healthiest Self: Wellness Toolkits](#) (NIH Health Information Toolkits)

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](#)