

## Stress Management

Try one of the following activities or techniques to help manage your stress:

- Find your [stress level](#).
- Check your [mental fitness](#).
- Read the monthly wellness [newsletters](#).
- Take a wellness [e-course](#).
  - Includes: Embracing Workplace Change, Optimism, Effective Parenting, Values Based Leadership, Managing Sensitive Employee Issues, Taking Control, and others.
- Try [yoga at your desk](#).
- Take a break! Visit [a place to relax and de-stress](#).
- Take action to [combat stress](#)!

## Feeling overwhelmed?

- Learn about McMaster's [Employee & Family Assistance Program](#) (Homewood Health).
  - Short-term, solution-focused face-to-face, online and telephone counselling.
  - Coaching and resources related to childcare and parenting, elder and family care, financial or legal advisory, career planning, pre-retirement planning, shift work, nutrition, smoking cessation and a holistic 12 weeks to wellness program.
- Contact local [Crisis Supports](#).

## Mental Health Apps

- [MoodPanda](#)
- [Sleep Time by Azumio](#)
- [Mindshift](#)
- [Take a Break](#)
- [BioBelly Interactive Breathing](#)
- [Mental Health Meter](#): Reflect on your unique strengths and identify areas where your level of mental fitness could be improved to help you cope with all of life's up and downs.
- [What's your Stress Index?](#) The habits, attitudes and signs that can alert us to problems may be hard to recognize because they have become so familiar. Find your stress level right now by completing this test.
- [Mental Wellbeing screening test](#): BC Partners for Mental Health and Addictions offers an anonymous online screening for overall mental wellbeing.
- [Stress and Depression Risk Assessments \(Sunlife\)](#): You must have a 'mysunlife' account. Login and click on the 'Wellness Centre
- [Checkup From the Neck Up - Mood Disorders](#)
- [Mental Health Checkup -](#) A series of self-assessment screening questionnaires
- [thinkFull](#)

## A Place to Relax

Whether during the workday or during non-working hours, a change of scenery for even a few minutes can help put you in the right space of mind to relax and de-stress.

There are many places on campus and in the Hamilton-Burlington area that can provide a relaxing environment.

### On Campus:

Check out the [School of the Arts Events](#) for listings of their celebrated free lunchtime concert series that take place in Convocation Hall throughout the school year.

Take a look at the many beautiful works of art on display at the [McMaster Museum of Art](#).

Take a seat and relax in the MDCL atrium or the Nina DeVilliers Memorial Rose Garden in front of University Hall.

Instead of walking to Westdale down Sterling, take the scenic route via the RBG Cootes Paradise trails behind campus to the Hamilton Aviary at Churchill Park.

### Off Campus:

Explore the many trails available throughout [Hamilton](#) and [Burlington](#). There's likely one near your home or on your commute route.

Walk the [Central Park Labyrinth](#) in Burlington. It is a wonderful place to think, relax and reflect.

Check out the [Art Gallery of Hamilton](#). It's permanent collection is always free to enjoy.

The Culture & Recreation on the [City of Hamilton](#) features lists of galleries, theatres, schools, classes, and workshops. Find out what's playing, where, and when.

Get back into touch with nature at one of the many [conservation areas](#) situated throughout the region.