



April Wellness Newsletter

Managing Stress for a Healthier Life

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April is the perfect time to focus on stress management and its impact on overall well-being. This month also highlights **Occupational Therapy Month** and **Parkinson's Awareness Month**, recognizing the vital role of therapy in enhancing daily life.

Therapy Corner



Understanding How Stress Affects the Body

International Dance Day is April 29

Movement Therapy: Celebrating movement through dance therapy, helping to improve mood, reduce anxiety, and promote physical activity in a fun and engaging way.

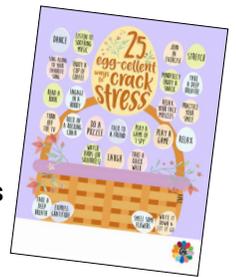
 **Easter Egg Exchange Stress-Relieving Activity:** A simple dice promotes well-being through social connection and fine motor skills while incorporating some Easter fun!

 **Educating Patients with Parkinson's on Stress Management:** Provide specialized strategies to help individuals with Parkinson's disease reduce stress, which can help minimize symptoms such as tremors and muscle stiffness.

Featured Activities

Easter Egg Meditation:

Fill plastic eggs with stress relief prompts such as deep breathing exercises, or positive affirmations. Patients can pick an egg and practice the technique inside.



Sensory Stimulation:

Offer stress-relief activities using scented items like lavender-infused eggs, textured Easter grass, or calming nature sounds.

Earth Day Dexterity Craft Activity:

Engaging patients in eco-friendly crafts that promote fine motor skills and hand dexterity while raising awareness about environmental sustainability.

Marketing Events & Outreach

Wellness Education Sessions: Host informational talks on what occupational therapy's role is in improving quality of life.

Collaborations with Local Healthcare Providers: Partner with community organizations to promote stress management resources. Consider partnerships with the a Parkinson's Support Group to help them learn more about how therapy can help Parkinson's patients.

"Spring into Wellness" Giveaway: Treat referral partners to self-care items and relaxation kit. Invite them to follow our social media for a chance to win while showcasing how AYOW monthly themes enhance patient's quality of life!

Staff & Caregiver Workshops: Provide tools and strategies to help staff manage stress while caring for patients.

Social Media Promotions

- **Share educational videos** and infographics on stress reduction techniques.
- **Feature patient and therapist testimonials** on how occupational therapy helps with stress management.
- **Promote self-care** tips and simple daily stress-relief exercises.
- Use hashtags like **#OTMonth #StressRelief #ParkinsonsAwarenessMonth**
- **Celebrate National Superhero Day on April 28th!** Celebrate the Superhero patients and Staff in your Facility!

Share the fun! Send your photos to SocialMedia@reliant-rehab.com