

Fort Bend ISD Wellness Wednesdays

Stress is defined as “physical, mental, or emotional strain or tension” or “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.” Fort Bend ISD recognizes the need to provide more programs to help employees better manage their personal stress. Therefore, we are implementing an employee focused “virtual” wellness day.

Join us every Wednesday at 8:00 a.m. for a Stress Relief Activity!



[Click for Wellness Wednesday](#)

Password: FBISDWW

2022

September (Cholesterol Awareness Month)

- September 7: Camp Gladiator simple desk work out.
- September 14: Cholesterol Presentation with Gary Hajdasz
- September 21: Yoga Stretch with Awakened Yoga
- September 28: Chair Workout Activity

October (Breast Cancer Month)

- **October 5: Breast Cancer True or False Workout**
- **October 12: Kelsey Seybold Breast Cancer guest speaker**
- **October 19: 8 Foods That Help With Anxiety and Stress**
- **October 26: Off Week**

November (Diabetes Month)

- **November 2: How Sweet It Is Jeopardy Game**
- **November 9: Diabetes Educator Guest Speaker**
- **November 16: Awakened Yoga; Yoga at Your Desk**
- **November 30: Airrosti Injury Prevention Presentation**

December (Stress Awareness Month)

- **December 7: Progressive Muscle Relaxation**
- **December 14: Holiday Safety Situational Awareness**