

# Staff Wellness

The following Web sites offer resources for staff wellness initiatives and resources on related topics, such as stress management. These Web sites include those operated by the federal government, state governments, and nonprofit groups that health professionals consider to be reputable organizations. *Planet Health* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Planet Health*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

## **Alliance for a Healthier Generation**

### **Healthy Schools Program**

The Alliance for a Healthier Generation is a partnership between the American Heart Association and the William J. Clinton Foundation that aims to fight child obesity. The Alliance's Healthy Schools Program is designed to help schools improve school food offerings and physical activity, and also support staff wellness so that staff can be role models for students.

[www.healthiergeneration.org/engine/renderpage.asp?pid=s010](http://www.healthiergeneration.org/engine/renderpage.asp?pid=s010)

## **American Heart Association**

### **How Can I Manage Stress?**

The American Heart Association offers a brochure on managing stress that includes information on stress symptoms and tips for coping with stress.

[www.americanheart.org/downloadable/heart/110167971464923%20HowCanIManageStress.pdf](http://www.americanheart.org/downloadable/heart/110167971464923%20HowCanIManageStress.pdf)

## **Directors of Health Promotion and Education**

### **School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools**

The Directors of Health Promotion and Education offers a free guide with practical tools and resources for developing and enhancing school employee wellness programs. It includes tips for getting administrative support and for culturally competent planning, suggestions for funding, and success stories from school employee wellness programs.

[www.schoolempwell.org](http://www.schoolempwell.org)

## **Mayo Clinic**

### **Workplace Stress Self-Assessment**

The Mayo Clinic, a nonprofit medical practice, offers an online Workplace Stress Self-Assessment tool and a personalized stress-reduction action plan.

[www.mayoclinic.com/health/stress/WL00064](http://www.mayoclinic.com/health/stress/WL00064)

## **Mind/Body Medical Institute**

The Mind/Body Medical Institute, a nonprofit scientific organization focused on mind/body medicine, offers tips for managing stress.

[www.mbmi.org/basics/mstress.asp](http://www.mbmi.org/basics/mstress.asp)

## **National Alliance for Nutrition and Activity (NANA)**

### **Model School Wellness Policies**

The Model School Wellness Policies Web site, created by NANA, has a model policy on staff wellness, as well as links to wellness resources.

[www.schoolwellnesspolicies.org/WellnessPolicies.html#staffwellness](http://www.schoolwellnesspolicies.org/WellnessPolicies.html#staffwellness)

## **National Education Association Health Information Network (NEA HIN)**

### **Violence in Communities and Schools: A Stress Reduction Guide for Teachers and Other School Staff**

NEA HIN, the nonprofit health affiliate of the National Education Association, has developed this guide to help school staff identify sources of workplace stress and violence and highlight evidence-based practices to prevent violence in schools.

[www.neahin.org/programs/mentalhealth/Stress-Guide.pdf](http://www.neahin.org/programs/mentalhealth/Stress-Guide.pdf)

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## **National Institute for Occupational Safety and Health (NIOSH)**

### **Stress at Work**

NIOSH's Web site has links to books, videos, and Web-based resources on stress and stress management at work.

[www.cdc.gov/niosh/topics/stress/](http://www.cdc.gov/niosh/topics/stress/)

## **New England Coalition for Health Promotion and Disease Prevention (NECON)**

NECON is a nonprofit, nonpartisan coalition of the New England state health departments, the region's schools of public health, and federal health agencies. Its Strategic Plan for the Prevention and Control of Overweight and Obesity in New England addresses what worksites can do to prevent and control obesity.

[www.neconinfo.org/02-11-2003\\_Strategic\\_Plan.pdf](http://www.neconinfo.org/02-11-2003_Strategic_Plan.pdf)

## **North Carolina Division of Public Health**

### **Worksites Eating Smart and Moving More**

Eat Smart Move More . . . North Carolina has a Web site with tips and tools for worksite wellness promotion, including the Move More StairWELL Initiative and sample workplace healthy food policies.

[www.eatsmartmovemorenc.com/resources/indiv/worksites\\_esmm.html](http://www.eatsmartmovemorenc.com/resources/indiv/worksites_esmm.html)