Learn more about the relationship between sleep and depression.

According to the National Sleep Foundation, doctors and researchers have established the contribution of insomnia to depression. Meditation is an effective way to reduce stress. Start practicing a range of stress management techniques today. Here are a few classes to choose from:

- Creating Mindful Balance – Saturday, October 1, 2016, from 9:00 to 11:00 a.m.
- Stress Management Techniques – Wednesday, October 5, 2016, from 6:30 to 8:30 p.m.
- Laughter and Relaxation – Friday, October 7, 2016, from 6:30 to 8:30 p.m.
- Meditation and Mindfulness – Tuesday, October 11, 2016, from 6:30 to 8:30 p.m.

The next session of Quit for Good begins on Wednesday, October 19, 2016, from 4:30 to 6:00 p.m. at Café 45 (Lower Level). Join Well Aware and show your support for women battling breast cancer. Wear Pink on October 21 to Increase Cancer Awareness.

Eating healthy is more than just eating the right things, it’s about prioritizing valuable time for stress management and sleep. Do you have an early detection plan? The goal of screening exams for detecting breast cancer in its early stages is to find the advantage of these tests. Join Well Aware’s Create your Early Detection Plan.

The Employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more, go to the Well Aware website.

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