

# Stress Management Resources

Stress is a natural part of life, but sometimes it can be overwhelming. There are many resources at Duke to help you manage stress. Many people dealing with conflicting work and family demands find it hard to fit in time to take care of themselves. While there are stressful forces you can't control, there are ways to decrease your experience of stress. This includes your attitude, the time management and relaxation skills you use, the social support you have as well as your general health. See below for resources that can help your mind, body and spirit reduce the negative impact of stress in your life.

**LIVE FOR LIFE at Duke**  
**684-3136, option 1,**  
[www.hr.duke.edu/liveforlive](http://www.hr.duke.edu/liveforlive)

The Duke employee wellness program offers several stress management services. Most services are free to Duke employees eligible for health benefits unless indicated below.

- **Success Over Stress:** On-line resource (also available by mail) for learning stress management skills. [www.hr.duke.edu/sos](http://www.hr.duke.edu/sos)
- **Lending Library:** Books, videos and tapes on stress management and other helpful health topics.
- **Take Ten:** Rejuvenate during the day with stretching breaks with this on-line program. Incentives can be earned. [www.hr.duke.edu/taketen](http://www.hr.duke.edu/taketen)
- **Exercise and Nutrition consults:** Meet one-on-one (in person or by phone) with a registered dietitian and/or fitness specialist to learn ways to improve your diet and fitness level.
- **Duke Fitness Club:** Over twelve fitness facilities to choose from in the Triangle area at discounted rates. [www.hr.duke.edu/fitness](http://www.hr.duke.edu/fitness) (Fee applies)
- **Duke Run/Walk Club:** Provides walking, run/walking, and running programs for all fitness levels including beginners. Leaders provide instruction and the group provides support to help you get fit. [www.hr.duke.edu/fitness](http://www.hr.duke.edu/fitness).
- **Yoga:** Classes available on campus. Yoga classes are also available through Duke Fitness Club facilities, see listing above. (Fee applies)
- **Tobacco/Nicotine Cessation Support:** Help formulating a personal quit plan, access to discounted treatment, follow-up, removal of the monthly tobacco surcharge
- **Chair Massage:** Relax with a chair massage. Available in Duke Clinic, Durham Regional and Duke Raleigh Hospital. (Fee applies)
- **Special Request Classes:** Stress management classes designed specifically for your department. (Fees may apply)

concerns. Referral assistance is available for both child care and elder care at [www.hr.duke.edu/sfp](http://www.hr.duke.edu/sfp)

## Other Resources

- **Personal Assistance Service (PAS) 416-1727.** Offers free and confidential consultation, short-term counseling and referrals to Duke faculty and staff and their immediate family members to help them resolve specific stress concerns including relationship issues, financial stress, substance abuse and work problems. Call for an appointment or more information. [www.hr.duke.edu/eohs/pas](http://www.hr.duke.edu/eohs/pas)
  - **Durham Regional Hospital** employees call the Durham Regional Hospital Employee Assistance Program (919) 932-9026.
  - **Duke Raleigh Hospital** employees call Raleigh Employee assistance Program at (800) 544-1399.
- **Duke Health and Fitness Center 660-6600.** Offers weekly wellness lectures. DHFC also offers regular yoga, pilates, tai chi and meditation classes for a fee for non-Fitness Center members. Call for class times and more information. Website offers articles, healthy recipes and other web resources related to wellness. [www.dukefitness.org](http://www.dukefitness.org)
- **Teer House Community Education Program 477-2644.** Holds classes and support groups on a wide variety of health and wellness topics. Call 416-DUKE or visit [www.dukehealth.org/events](http://www.dukehealth.org/events)
- **Mindfulness- Based Stress Reduction Clinic 660-6745.** Teaches meditation, yoga and the practice of present-moment awareness to help participants reduce stress and live more fully. There is a discount on the program fee for Duke employees and scholarships are available. [www.dcim.org](http://www.dcim.org)
- **Staff and Family Programs: 684-9040.** Provides information and assistance in balancing work and family responsibilities, parenting and other family concerns. Referral assistance is available for both child care and elder care at [www.hr.duke.edu/sfp](http://www.hr.duke.edu/sfp)
- **Duke Family Support Program 660-7510 or 1-800-672-4213.** Provides free telephone and e-mail support/referral for NC families with elder care issues including Alzheimer's and other memory loss. Duke employees are eligible for a free consultation. [www.dukefamilysupport.org](http://www.dukefamilysupport.org)
- **Learning and Organizational Development 613-7600.** Offers workshops on communication, time management and much more. (Fees applies) [www.hr.duke.edu/train](http://www.hr.duke.edu/train)
- **Duke Psychology Clinic 660-5771.** Provides short- and long-term psychological counseling at a reduced hourly fee. Limited sessions with a psychiatrist for medication management—as long as client is also receiving psychotherapy here too. Call a Clinic Coordinator for more information. (Fee applies which may be partially covered by health insurance).
- **HAND (Health Arts Network at Duke) 684-6124.** Provides comfort, solace and healing to people who suffer and those who care for them through poetry, music, dance and art including OLR, a weekly literary arts gathering. <http://hand.duhs.duke.edu>
- **Duke Credit Union 684-6704 or 1-866-705-9377.** Provides financial services and assistance. Offers free seminar series on common financial concerns including home buying, retirement planning, budgeting and credit issues. [www.dukefcu.org](http://www.dukefcu.org)
- **Duke Biofeedback Laboratory 684-6908.** Provides an empirically based, psychological approach to stress and anxiety management. Services include biofeedback, relaxation training and other approaches. (Fee applies which may be partially covered by health insurance).