Job stress can be related to carrying personal issues and frustrations into the workplace. The effect of stress can be felt in terms of productivity on and off the job. Balancing stress is the key to a fulfilling and healthy lifestyle. Start by consuming a healthy diet rich in colorful fruits, vegetables, low-fat calcium foods such as milk, cheese and yogurt, whole grain foods, and lean meat, fish and poultry. The resources below were selected to assist you on your personal journey to a healthy lifestyle!

Click on the link HERE for the newsletter

Rutgers Cooperative Extension Fact Sheet

Workplace Wellness: Stress Less on the Job – RCE Fact Sheet #1166

Check out these great resources!

Choose MyPlate SuperTracker is a way to get information about food, fitness and health

Stress symptoms on your body from the MayoClinic

The Families, Food & Fitness Community of Practice at eXtension provides an array of Information by topic for consumers

Social Media links

Family & Community Health Sciences webpage

Family & Community Health Sciences on YouTube

Follow Get Moving-Get Healthy NJ on Twitter

Like us on Facebook – www.facebook.com/Get Moving-Get Healthy New Jersey

Small Steps to Health & Wealth Challenge - To sign up for the SSHW Challenge, follow the "Challenges" link on the Small Steps to Health and Wealth™ Web site at http://njaes.rutgers.edu/sshw/. Set up a user name and password and download a simple one-page user’s guide with instructions about how to proceed.

Family and Community Health Sciences is an integral part of the Rutgers University Cooperative Extension’s programming to reach New Jersey residents where they work and live. Developed by Joanne Kinsey, 2011.