

# Campus Resources for Employee Stress Management

## Wellness Under Pressure Toolkit

Online tools for staying well under difficult circumstances; info on coping with stress, managing time and work, staying healthy, making ends meet, conflict management, anger management and more: <https://go.illinois.edu/wellnessunderpressure>

## Campus Wellbeing Services

- Referrals, stress management programs, online and print resources
- (217) 265-9355, [wellbeing@illinois.edu](mailto:wellbeing@illinois.edu)
- <http://go.illinois.edu/campuswellbeingservices>

## Faculty Staff Assistance Services (FSAS)

- Confidential personal and professional assistance with problems that interfere with well-being or ability to work for **faculty, staff and family members**
- Appointment: (217) 244-5312 Crisis Line: (217) 244-7739
- <https://humanresources.illinois.edu/fsas/index.html>

## UIUC Psychological Services Center

- Services include psychotherapy for adults, adolescents and children, family therapy, anxiety clinic, neuropsychological and mental health evaluations, and mindfulness-based stress reduction classes.
- Fees are based on an affordable sliding scale
- (217) 333-0041
- <http://www.psc.uiuc.edu/>

## Financial Wellness Program – UI Extension

- Online and print information on reducing financial stress
- <https://extension.illinois.edu/cfiv/consumer-economics>
- Money Mentors financial coaching is also available
  - <https://extension.illinois.edu/cfiv/money-mentors>

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## **Campus Recreation**

- Wide variety of physical activity programs
- <http://www.campusrec.illinois.edu/>
- BodyWork Associates massage therapy at the Activities & Recreation Center (ARC)
- <https://campusrec.illinois.edu/programs/other-wellness-services/professional-massage-at-the-arc/>

## **McKinley Health Center**

- Online resources for managing stress, including downloadable relaxation exercises
- <http://mckinley.illinois.edu/health-education/stress-management>

## **University of Illinois Undergraduate Library**

- Reflection Rooms: Rooms feature a rocking chair, white noise machine, stretching/rocking ball, low light lamp and some fidget toys. Reservations are recommended at the library website <https://uiuc.libcal.com/spaces?lid=3152&gid=5350>.
- Tranquility kits are available at the circulation desk. These can be checked out for two hours with your iCard. They can be used in the Reflection Rooms or elsewhere in the Undergraduate Library. The kit includes noise canceling headphones, yoga stretch bands, fidget ball and toys, and a HappyLite.
- (217) 333-3477

## **CAMPUS WELLBEING SERVICES**

[humanresources.illinois.edu/campus-wellbeing-services](http://humanresources.illinois.edu/campus-wellbeing-services)