

Stress Management Wellness Resources - 2014
Compiled by the Wellness Council of Tampa Bay

- **EAP through employer** - Most resources through EAPs are for household, not just the employee. Good information to share with your employee population.
 - **Insurance Carriers** - Check with your carrier to see what resources are available through your plans.
 - **Creative Solutions Florida** - Workshops exploring and learning how the arts and creativity can be used as a tool to help relax, increase focus, reduce stress, reinforce learning, and improve overall well-being.
Diane McMillen, CWWS
727-463-9614
dmcmillen@creativesolutionsflorida.com
www.creativesolutionsflorida.com
 - **Enliven Wellness Works** - Services: Onsite wellness education programs and workshops (stress management, weight loss, disease prevention and management), group fitness instruction (yoga, dance, boot camp and more), massage therapy and health coaching.
www.enlivenwellnessworks.com
Jennifer Oppelt
jennifer@enlivenwellnessworks.com
 - **Baycare- Behavioral Health Seminar Topics**
 - Depression and Anxiety: How to Cope
 - How Stress Affects Your Overall Health
 - Emotional Eating
 - De-Stressing the Holidays
 - Work Life Balance
 - Managing Change
 - Conflict Resolution
 - Managing Stress in a Fast-Paced Environment
 - Women, Power and Purpose
 - Staying Motivated for Your Health
 - Getting In The Zone: Overcoming Psychological Barriers
 - Calming the Mind
 - Geriatric Depression
- Rachael Baker, CWWPM
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- **Kimberly Gray RN, HN-BC, LMT**
Heart-Centered Pathways
heartbasedsolutions@gmail.com
<http://www.heartcenteredpathways.com/>
Certified HeartMath Trainer/Coach
Integrative Health and Wellness Consultant
HeartMath: Stress-Relief Tools for Transformation

- **Kristi Bracewell**
 Certified HeartMath Trainer - *Transforming Stress*
 Licensed Am I Hungry? Mindful Eating Facilitator
 Wellness Coach
kristi@totasola.com
 (941) 586-4327
- **On-Site Massages-**
 Richard Maurer- Nationally Certified Massage Therapist - NCBTMB Florida License # MA 60665 NPI # 1790064855
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 813-361-5777
 Richarda.maurer@gmail.com
www.facebook.com/mmtotb
- **Office Concerts**
www.officeconcerts.com
 Fran Snyder 817-789-2936
fran@listeningroomnetwork.com
- **Center for Disease Control and Prevention website-** The CDC has recommendations on how to manage stress. <http://www.cdc.gov/features/handlingstress/>
- **National Wellness Institute** www.nationalwellness.org
- **Wellness Council of America (WELCOA)** www.welcoa.org
- **American Center for Organizational Excellence** - Great resource and articles on stress in the workplace and best practices.
<https://www.apaexcellence.org/resources/>
- **Fitness clubs-** Some fitness clubs may offer services for stress management.
- **Tai Chi**
 Dunedin Taoist Tai Chi Society of America
 1370 Main Street
 Dunedin, FL 24698
 727-734-0929