

WELLNESS CONNECT



Stress Management Hobbies

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Greetings HCS Employees,

Do you know stress affects the whole body? Every biological system in the body is affected by stress. If stress persists and becomes chronic, the body remains in a slightly inflamed state, which can lead to anxiety, depression, heart disease, and other health issues.

Finding Your Stress Management Hobby

The goal of a stress management hobby is to find an activity that truly provides a mental and emotional break. Hobbies are supposed to provide temporary relief from the stresses and responsibilities in your life.

Stress Management Hobbies

There are lots of different hobbies to explore, but the key is finding one that allows you to have that break. Try some of these options:

- **Exercise**- Exercise is also self-care and releases endorphins and can be fun! Dancing, running, hiking, yoga, kickboxing, and spin class are all great options to try!
- **Get Artsy**- Painting, knitting, cross stitch, playing music, painting your nails, or even an adult coloring book are all artsy!
- **Go Outside**- Being in nature helps reduce stress. Try hiking, backpacking, kayaking, birdwatching, or simply sitting on your porch.
- **Design a calm home environment**- Home remodeling or decorating your home could be your stress management hobby!
- **Get a friend or two involved** - try out a new class, whether it's a kickboxing class or pottery class. You never know what you will like until you try!

Colorful Life Challenge

Join us in August for a wellness challenge! Spend about 10 minutes a day coloring for the next 30 days, totaling 300 minutes. Coloring has been proven to reduce stress, increase focus, and put you in a state of consciousness like meditation. **Those who completed the challenge will be entered into a raffle for a gift basket from One to One Health.**

If you want help finding your stress-relieving hobby or want tips on stress management, book an appointment with a health coach! To schedule, [email healthcoach@121.health](mailto:healthcoach@121.health).

Want to learn more? Read the full Stress Management Hobbies article [here](#).

HCS EdHealth & Wellness

HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229
Chattanooga, TN 37421

Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

Walk-in Hours:

Mon & Thurs: 9am-11am

Sat: 8am-12pm

HCS Hixson

4206 North Access Road
Chattanooga, TN 37415

Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday; Closed

Walk-in Hours: Wed & Fri: 1pm-3pm

HCS Riverfront

1067 Riverfront Parkway, Suite 201
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

Walk-in Hours: Tues: 9am-11am

HCS Benefits Update!
HCS has expanded access to the clinics to all employees, including those who are not currently on HCS insurance plans.

Contact us today to learn more!

P: 423-558-3111

E: patientserviceshcdc@121.health

www.hcsedhealth.com