



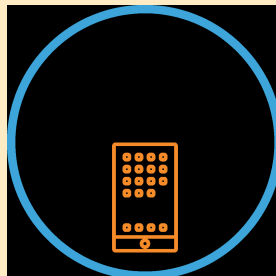
## Blood Donations Needed



Due to blood shortages, City employees who donate blood at New York City Blood Center donation sites during the COVID-19 outbreak will be granted three hours of compensatory time.

For more information including guidelines, listing of donation sites, and to schedule an appointment to donate, visit the Employee Blood Program website [here](#).

## Resource Center



## WEEKLY ROUND-UP



### WorkWell NYC *Digital*

Come join us for yoga, meditation, Zumba, and more. Classes are available from sunrise to sunset to help you manage stress and stay active during this time. There's something for everyone!

[View Schedule](#)

## Be the Director of Your Life

*You don't have to control your thoughts; you just have to stop letting them control you. -Dan Millman*



- Try pausing your anxiety like pressing pause on a movie
- Explore how you would prefer to feel instead - peaceful, calm, or strong?
- Try on that preference, like a “cape of calm” or a “shield of strength”
- Adopt the new feeling and discard the anxiety



## Join the Gratitude Challenge

Follow us on Instagram for weekly posts and reminders to practice gratitude. Especially during times of uncertainty and chaos, taking a moment to remember what we are grateful for can help keep us grounded and present.

Follow along [@workwellnyc](#).



## Favorite Foods Made Healthy

During stressful times, we often turn to our favorite foods for comfort. Join us on this webinar to learn how to make healthy swaps to keep your favorite meals joyful, delicious, and nutritious!

Tuesday, April 21<sup>st</sup> | 12:00pm | [Register here](#)



## Work Smart

Right now, many City employees are trying to adjust to new work environments and spaces. A well-organized workspace is important for your physical and mental well-being and can help you be productive, no matter where you are.

Get tips on how to set up your home workspace for your health [here](#).

# JOIN THE CONVERSATION

Don't forget to join our Slack channels to connect with fellow City employees on staying well during this time.



- [Be Well](#)
- [Eat Well](#)
- [Move More](#)

Also, check out the [Wellness Anywhere webpage](#) to access self-care and wellness resources when and where you need it.



**Follow us on Instagram!**  
[@workwellnyc](#)