



November 1, 2016

TO: Texas A&M AgriLife Benefits-Eligible Employees
SUBJECT: AgriLife Employee Wellness Newsletter – NOVEMBER 2016

Welcome to the November issue of the AgriLife Employee Wellness online newsletter!

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Welcome!

NOVEMBER 2016 ISSUE

Beat Burnout

Everyday stress can be fleeting and is typically linked to specific events or situations. You may develop physical symptoms and a sense of urgency. Once the stressful situation passes, those feelings are relieved.



Inside:

Good Posture Works • Return to Work: Make It Successful • How Rude! How to Stay Civil

* FYI -
Keep up to date with the current Wellness Events by going to our website....[AgriLife Wellness](http://www.agrilifewellness.tamu.edu)

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