



Take a Deep Breath: Let's Talk About Stress Management

April is Stress Awareness Month – Here's How to Take Control

Stress is a part of life—but managing it effectively can make all the difference in your health, relationships, and productivity.

Why Stress Management Matters:

Chronic stress affects not only your mental well-being but also your physical health. It can lead to headaches, sleep issues, high blood pressure, and even heart disease. But the good news? There are ways to manage it—and we're here to help.

5 Simple Stress-Relief Strategies:

1. Take Mindful Breaks – Even 5 minutes of deep breathing or a short walk can reset your mood.
2. Move Your Body – Exercise is a powerful stress reliever. It doesn't have to be intense—just consistent.
3. Get Quality Sleep – Prioritize rest. A rested mind is better equipped to handle challenges.
4. Stay Connected – Talking with friends, family, or a counselor can lighten emotional loads.
5. Set Boundaries – It's okay to say no. Protect your time and energy.

What You Can Do This Month:

- Join a local yoga or meditation class
- Keep a stress journal
- Take 10 minutes a day for yourself—guilt-free

Remember:

You can't pour from an empty cup. Take care of your mental health the same way you care for your physical health.

Need More Support?

Community Care EAP is available 24 hours at 918-594-5232

Stay well, stay balanced.



Leadership U Class 8 Selected

Leadership U Class 8 was recently selected and will begin their 10-month leadership journey on April 24th. Congratulations to the following employees who were selected:

Angelique Anderson, Finance
Bobby Carner, W & S
Sherri Carrier, Animal Services
Jordan Green, TPD
Josh Lamb, Fire
Jeremy Ledbetter, W & S
Hayes Martin, Legal
Michelle Maxey, TPD
Heather Michaelson-Hale, Parks

Earin Murrell, Parks
Josh Noel, PW
Matt Parsell, W & S
Michael Rider, Planning/Neighborhoods
Elliott Stiles, PW
David Taylor, W & S
Breanna Tindall, Finance
Kathleen Underwood, HR
Isiah Williams, HR

The group will meet monthly and learn more about leadership theory, leadership at the City of Tulsa, and have opportunities to network with each other and with others already in leadership roles at the City of Tulsa.

Established in 2012, Leadership U was developed after the Leadership Tulsa model, with the goal of providing a career development program to promote a better understanding of leadership and management roles across all City departments. Graduates have a proven track record of promotions into critical positions and have also been asked to lead special projects and act in interim management roles. Of note, the LU alumni group has members from class 1 through 7 and remains active in the program and participate in various projects, including assisting with the interview process for this new class.

If you have any questions regarding the Leadership U program, you can reach out to Human Resources by emailing HRDirector@cityoftulsa.org



Workers Memorial Day

Every year, over 5,000 workers in America go to work but never return home. Workers Memorial Day is observed each year on April 28th and was established to recognize workers who died or suffered from exposure to hazards at work. It also encourages us to think of ways in which we all can help to achieve the goal of safer and healthier workplaces.

How to Observe Workers Memorial Day

1. Appreciate the workers
 - a. Because of the hard work of men and women across this county, we have access to clean water, safe neighborhoods, places to eat, and many other benefits. Workers across our country help ensure that society runs smoothly. Appreciate their efforts and be kind.
2. Spread awareness
 - a. We must protect workers by bringing light to safety issues. The more voices that speak up, the more can be done to protect workers. Talk to your colleagues, friends, and family, and speak out against unsafe work conditions.
3. Read about workers history
 - a. Educate yourself on worker safety by learning about safety issues from the past. You will be able to better understand the problem and better present your case when talking to others about safe work practices and procedures.

Workers Memorial Day Is a Reminder...

It's a reminder of our unity

This day reminds us that together, we can protect one another. Great strides have been made in workplace safety, and we must continue to work together to continue this trend.

It's a reminder of the lost

Those who have passed away have left us with their legacies. It's important to remember them and the reason we lost them. Their legacies should drive us toward creating a safer tomorrow.

It's a reminder to show humanity

One thing that differentiates us from other species on earth is our ability to not only show empathy but to put it into action. Workers make our lives better, so it is high time we strive to make their lives safer.

Workers Memorial Day Events

Oklahoma Workers Memorial Day Vigil

Monday, April 28, 2025

10:00 a.m. – 11:00 a.m.

Location: In-person at the 2nd-floor Rotunda of the Oklahoma State Capitol
(2300 N Lincoln Blvd, Oklahoma City, OK 73105)

Registration: <https://www.okworkersmemorialday.com/>

City of Tulsa's Commitment to a Safer Work Environment

The City of Tulsa is committed to a safe and healthy workplace for all employees. This commitment is a shared responsibility of every employee to uphold the City of Tulsa's standards of safety excellence. Workers Memorial Day is a good reminder for each employee to take time in April to review the City of Tulsa Commitment to Safety and Health Excellence and to reaffirm this safety commitment to ourselves, coworkers, contractors, vendors, and the citizens we serve.

For more information on the City of Tulsa's Safety and health program, visit our Safety SharePoint site at <https://thecityoftulsa.sharepoint.com/sites/SafetyTraining>.

