

WellnessWatch
Holiday 2007



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Did you know that 75 -80% of all doctor visits are stress-related?

The four most important things you can do to reduce stress according to Dr. Brian Luke Seaward as reported in "Stressed Less" an article in Welcoa's Absolute Advantage:

1. Set boundaries
2. Quiet the mind
3. Turn off the TV
4. Practice compassion

Check with your EAP to see if they can sponsor a cafeteria information table on dealing with holiday stress

It's the Most Wonderful.... and Stressful Time of the Year!

The holidays are upon us with family gatherings, gift giving, work parties, and for many of us, high expectations of a grand celebration. Before the grandeur begins to numb your senses, think about how you can keep a season of holiday cheer in perspective for yourself and for your employees. Here are some ideas:

Give to yourself: To stay stress-resilient, be sure to continue your exercise routine and make healthy eating choices. Having a strong foundation of healthy habits will help you rebound from a stressful situation, and will remind you that moderation is the key!

Give to others: Onsite chair massage is a stress reducing gift that can be given to staff to show appreciation for hard work, and at the same time benefit the organization with more productive employees.

Reduce the hustle and bustle: Allow flextime for employees to do their holiday shopping during non-peak shopping hours. Organize a small craft/vendor fair at the workplace so holiday shopping can be done with ease. At the same time, raise money for a good cause by donating vendor fees to a charitable organization.

Stay within your budget: Financial worries can be a stressor throughout the year. Create a holiday gift budget and stick to it.

Check your list: Organization and good planning will help reduce the last minute runs to the store. If you are hosting a gathering, plan your menu and create a shopping list. Write down your gift list and don't forget to include your spending limit.

A long winter's nap: Get 7-8 hours of sleep daily. If you are having trouble falling asleep, create your "to do list" for the next day and allow for some downtime before bed. To help you relax, listen to music or try meditation, visualization or progressive muscle relaxation. Avoid caffeine six hours before bedtime.

Forget about perfection. If you're beginning to feel overwhelmed ask for help. This is a time for giving and sharing. A gathering can be made easy by asking your guests to bring a dish to pass. Have family members help with baking and chores around the house. At work, recognize when you have to say no to additional assignments and ask colleagues to problem solve so deadlines can be met.

Keep this as your holiday mantra
Good food, good friends, good times....in moderation!

The Fitness Works at Work team wishes you a happy holiday season and a healthy 2008!