



This time of year is magical, memorable, and...sometimes stressful!?! Allow yourself to accept that stress will happen, but don't let it consume your life. Instead, embrace the organized chaos and celebrate what you love about this time of year - the connection with friends and family, the sights, sounds, and smells that enliven our senses, and the memories you will make and share for years to come. Happy holidays from your Well at Work team!

Holiday survival pearls from the Well at Work Wellness Team

Keep moving: 10 minutes of activity is better than none and can really add up over the course of the week. Can you walk outside for 10 minutes before, during or after your workday or in the evening? Grab warm winter clothing and get out there. Activity can help stress, sleep and weight and may improve blood sugar, and blood pressure. To learn more: [Benefits of Physical Activity | Physical Activity | CDC](#)

Make your cookie exchange a healthier get together: Instead of having a traditional cookie exchange, why not try a recipe exchange? This event is about getting together with friends, either in person or virtually. This way you can still stay connected but do so in a healthier way! Even better, make your recipes healthy recipes that you share with others that are also trying to stay healthy during the holidays!

Be a mindful eater: Would you like to enjoy those annual holiday dishes without feeling so guilty? Consider being a mindful eater! When you engage in mindful eating, you are paying attention to the appearances, smells, textures, and flavors of your food. Use a small plate, slow down your eating, and chew each bite several times. When you are fully present in the moment and savoring each bite, you will be satisfied on less. For more mindful eating tips, visit: [Four Tips for Mindful Eating Over the Holidays.](#)



Holiday Stress Tips

Don't sweat the small stuff. Forget what a perfect holiday is "supposed" to be like. Life is messy, sometimes disorganized, and full of surprises. Instead of focusing on what's not working well—break out a notebook and list one thing you're proud of and one thing you're grateful for each day during the holiday season. Put this on the refrigerator and use it as a pick-me-up year-round.

Keep a regular schedule. Grab your calendar and list holiday tasks that you can fit into your existing routine. Make just one big task your priority for each day. This allows you to slow down and not be so overwhelmed by your to-dos.

List your biggest stressors. Are there any you can eliminate or modify? Do you really need to send so many cards, etc.?

Combine things you enjoy with tasks you don't enjoy. If you need to clean, turn on some great music with energetic, upbeat songs that you can listen to as you work.

Thoughtful gifting...consider gifting something homemade, time spent with you, and/or time reminiscing. You're not only giving to others but to yourself as well...total win, win!

The gift of at home luxury: think about giving homemade bath bombs, scrubs, or candles for a pampering at home spa day.

The gift of you: give friends and family the gift of quality time with you – tickets to a favorite college basketball game, a day trip to a location of their choosing, a concert, movie, or even a spa day.

The gift of memories: consider creating a photo album (at home or online) with favorite memories and stories to be cherished and kept for a lifetime.

Easy Yoga Poses to Fit into Your Busy Holiday Schedule

The holiday season is upon us and that means, among other things, busy schedules filled with get-togethers, shopping, holiday parties, and more. Taking care of yourself and maintaining a healthy stress level can be quite challenging at times like this. One way to successfully navigate this busy, and often stressful, time of the year is with yoga.

Yoga has been used for centuries as a way to calm our minds and relax our bodies. Among the many benefits of yoga, it is a great way to relieve stress and anxiety, such as you may be feeling this time of year. Yoga not only stretches and relaxes our muscles, but it also focuses our breathing and awareness on something other than our hectic lives. Practicing even just a few yoga poses can significantly help us feel calmer and more relaxed. Other wonderful aspects of yoga are that it is accessible to everyone and can be done at home or in a gym or studio.

So, if you are feeling overwhelmed or struggling to fit in a little time for yourself this holiday season, here are a few simple yoga poses you can easily incorporate into your busy day either first thing in the morning, during your lunch break, between meetings or appointments, or right before going to bed. Do one or do them all, either way, sneaking a few of these into your day will help you successfully navigate your way through this busy holiday season!

1. [Mountain pose](#)
2. [Standing forward bend](#)
3. [Tree](#)
4. [Downward Facing Dog](#)
5. [Cat/Cow](#)
6. [Child's pose](#)
7. [Seated Forward fold](#)
8. [Easy Seated pose](#)

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Ask for help if you need it...

Don't forget to access your **WellSpan Employee Assistance Program (EAP)** sessions. The demands and pressures of life can cause everyone to experience problems from time to time; you are not alone. EAP services are free and confidential. Visit www.WellSpan.org/EAP for a list of providers or give us a call at 1-800-673-2514. **We are here for you!**