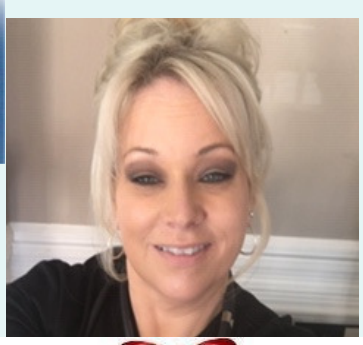
Employee Wellness Counts!

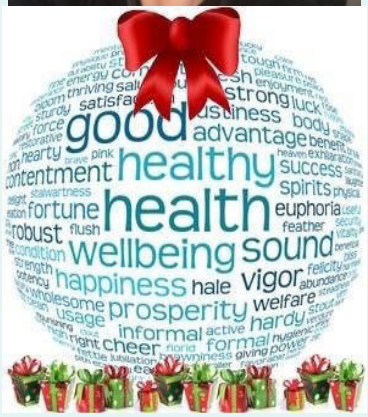
Newsletter (December 2020)



Since it's the holiday season, this month we are going to focus on STRESS. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. We can control some stressors and some are out of our control. Let's focus on what we can control and how to handle stressors that we cannot control..

- Organization decreases stress. Prepare for the next day before going to bed. Pick out your clothes and have them ready.. Pack healthy lunches and have them ready to go. Place items by the door such as purse, and book bags.so you don't forget anything. Don't wait until the last minute to get your shopping done. Wrap your presents early. It's terrible to stay up late wrapping presents. You will be tired Christmas day and not enjoy your family as much.
- GET MORE SLEEP. Don't stay up late watching TV, on social media or playing video games. Get at LEAST 8 hours of sleep every night.
- Stay hydrated. Drink more water. Sugary drinks spike your insulin levels and will make you feel tired. It's difficult to handle stressors when you are tired.
- Exercise decreases your stress levels. Sometimes it can be hard to find the time to go to the gym or just walk for 20 minutes. You will be surprised how much better you will feel and how much more energy you will have to get those daily tasks accomplished.
- Just breathe! Mediate and focus on breathing at least 10 min. each day. Think about the positive things in your life such as your family, friends and health.
- Listen to upbeat music. Music can improve your mood and help you handle stress.
- Laugh and smile more. Do something fun such as tag football with your family, going on a nature walk at the Cliff's of the Neuse. Watch a funny movie together. Enjoy your life. It doesn't last forever!
- Do not over extend yourself. Helping others is great and will make you feel good but doing too much can stress you out. It's ok to say "NO".
- Be careful with social media. People usually only post the good stuff and the best (filtered) pictures. Do not compare yourself or your life to other people. Remember that none of us are perfect. Comparing yourself and trying to keep up with "the Joneses" will only add stress to your life. Be your own kind of beautiful!
- Don't neglect your spiritual health.
- Avoid negative people. They will only cause you to have negative thoughts and make it hard to handle stress. If you can't avoid them, try to redirect their negativism. Acknowledge their feelings but say something positive to try to redirect their negative thoughts. Don't allow them to "suck you in".
- As we get older, it's not as easy to remember. Forgetting things only adds more stress to your day. Don't rely on your memory. Write things down! Keep a calendar of events and write down all your appointments, due dates, etc.
- Follow safety and hygiene procedures. PROTECT yourself and your loved ones. Wear your masks correctly in social situations, wash or sanitize your hands frequently and stay 6 feet away from others. This will help protect you from the Corona and flu viruses. None of us want the added stress of sickness, especially during the holidays!

We cannot have a stress free life but we can do things to improve our stress levels and enjoy our holiday season. *Happy "stress less " holidays!*



Events:

December 2020:
Wellness Counts
Holiday Challenge
Calendar

It's not too late to protect yourself. Flu shots still available by appointment. E-mail or call to schedule.

WAYNE UNC HEALTH CARE

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