

# DECEMBER NEWS 2021

Empowering you with information for  
your emotional and physical wellbeing

## Healthy Holidays

### CONTENTS

- 2 // Managing Holiday Stress
- 3 // Holiday Safety
- 4 // Prioritizing Your Mental Health During the Holidays

.....

*69% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse.*

Brighten the holidays by making your happiness, health, and safety a priority. There are ways in which we can prepare ourselves and hopefully deflect some of the increased stress of the holidays. Take steps to keep you and your loved ones mentally and physically healthy.

.....



800.327.3517

<https://uprisehealth.com/members/>



## Managing Holiday Stress



### Healthy holidays are happier

Ages 5 and up should get vaccinated. Gathering with family and friends from near and afar to share meals and quality time, can lead to the spread of COVID if unvaccinated.



### Manage expectations

Set realistic goals and ask yourself if there are simpler ways to achieve your goals. Make a list and prioritize important activities, set gift boundaries, and don't focus on one day, focus on the holiday season.



### Don't do it all yourself

44% of women report having a hard time relaxing during the holidays. Women perform most of the tasks such as shopping, cooking, and cleaning. Enlist spouses, family, and friends to help.



### Avoid holiday angst

If traditional holiday observances feel inauthentic to you, create new ones with likeminded people. Notify family that you will be celebrating the holidays differently.



### Healthy sleep can relieve holiday stress and sadness

Sleep is crucial because it helps keep the brain functioning well and it helps lift our mood. Turn off all electronics an hour before bedtime for improved sleep.



### Just say no

If you don't want to do something or be somewhere then don't. You don't need a long-winded excuse. Stick with your gut and politely decline and thank them for the invite.

## HEALTHY HOLIDAYS

### MAKE MEMORIES

*Instead of gifts, plan something you and your family or friends can all do together. Volunteer, ice skate, take a walk, make cookies to deliver.*

### PARTY PLAN

*Eat a small snack before going to a gathering—going hungry will only make you more likely to overeat. Enjoy simple foods, like shrimp, fruit, veggies and hummus, and less of cookies and sweets.*

### WALK THIS WAY

*Instead of napping after holiday meals, take a stroll and burn some of those calories off. Go solo to unwind or invite companions to energize.*

### HAVE AND HAVE NOTS

*It's easy to focus on what you don't have. Celebrate the good things in your life, no matter how small. Gratitude is linked to positive health.*

### BE CHOOSY ABOUT BOOZE

*Cut down on alcohol consumption and calories. Alternate alcoholic drinks with seltzer, hot cider, tea or make a lower calorie, wine spritzer with half wine, half seltzer.*

## Holiday Safety

### PET SAFETY CHECKLIST

#### Make Sure Your Pet Doesn't Have Access to Any Treats

Christmas sweets and treats can contain toxic ingredients for your pet like chocolate, xylitol, grapes/raisins, onions or others.

#### Provide a Safe Place for Your Pet If You're Entertaining Guests

Having guests at your home can be stressful for your pet, so try to provide a hiding place for them or a separate room.

#### Don't Leave Your Pet Alone in a Room with Lit Candles

Pets may accidentally knock them over and spill wax or start a fire.

#### Keep Wires and Batteries Out of Paws' Reach

A wire can deliver a potentially lethal electrical shock and a punctured battery can cause burns to the mouth.

#### Unplug Decorations While You're Not Around

Cats, dogs and other pets are often tempted to chew electrical cords.

#### Use Pet Friendly Ornaments

Switch your glass ornaments with pet safe shatterproof ones. Also consider leaving the tinsel off your tree if you have a cat.

#### Secure Your Christmas Tree to Keep It From Falling Over

Dogs and cats love to play so be prepared in case your dog bumps it or your cat attempts to climb on it.

#### Water Additives for Christmas Trees Can Be Hazardous

Do not add aspirin, sugar, or anything to the water for your tree.

#### Keep Holiday Plants Out of Reach for Your Pets

Amaryllis, mistletoe, balsam, pine, cedar, and holly are among the common holiday plants that can be dangerous and even poisonous to pets.

#### Be Aware of New Year's Noise

From noisy poppers to fireworks, these sounds can not only terrify pets but can cause damage to their ears. Secure your pet in a safe area.



### HOLIDAY SAFETY

#### USE CAUTION WHEN HANGING DECORATIONS

Hospital emergency rooms treat about 6,000 people annually from falls involving holiday decorations.

#### PRACTICE FIRE SAFETY

Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

#### TRAVEL SAFETY

Don't drink and drive. Always wear your seat belt and buckle children in safety seat or a seat belt according to their height, weight, and age. For more info: <https://www.cdc.gov/injury/features/child-passenger-safety/index.html>

#### PROTECT CHILDREN FROM EXPOSURE TO LEAD IN METAL AND PLASTIC TOYS

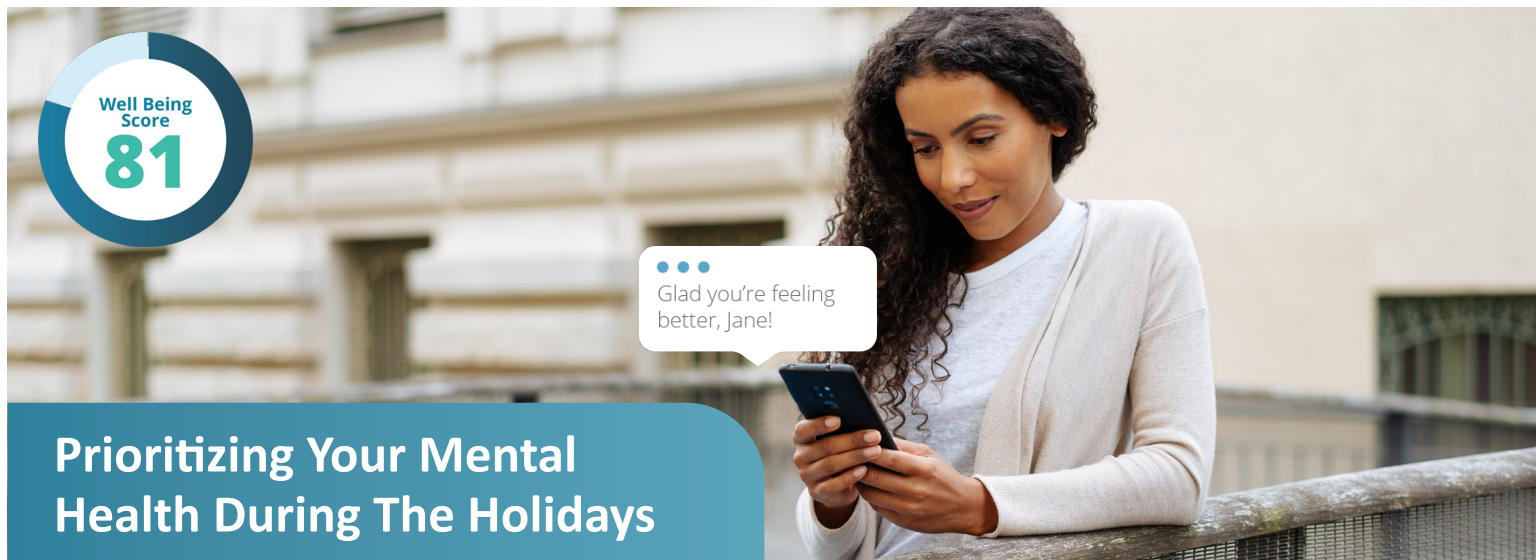
Pay special attention to imported toys, antique toys, and toy jewelry. Read more by visiting <https://www.cdc.gov/nceh/lead/prevention/sources/consumer-products.htm>

#### COLD TEMPERATURES CAN CAUSE HEALTH PROBLEMS

Stay dry and dress warmly in several layers of loose fitting tightly woven clothing. Indoor breaks should happen every 20-30 minutes when it is 13 – 31 degrees Fahrenheit.







## Prioritizing Your Mental Health During The Holidays

There are a variety of reasons why your days may not be merry and bright around the holiday season. It can be a jam-packed social calendar or conversely – loneliness. Other factors can include deadlines at work, the loss of a loved one, sunless winter days, lack of time, financial pressure, gift-giving, and family gatherings. Many people can experience feelings of anxiety or depression during the holiday season.

***- 64% of individuals report feelings of anxiety and depression associated with extra stress -***

People who already live with a mental health condition should take extra care to tend to their overall health and wellness during this time. Think about if any of these holiday-related stressors like family and social pressures, unreasonable expectations, dietary concerns, exercise, and sleep routines, feelings of sadness, loneliness, or loss cause difficulty for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress.

You may not be able to avoid stressful situations during the holidays. But you can plan to respond to them in a healthy way.

- » **Take breaks from group activities but don't isolate yourself.** Pay attention to your own needs and feelings. Spend some time by yourself. Meditate, do some relaxation breathing, listen to music or go for a short walk.
- » **Keep a regular sleep, meal, and exercise schedule.** Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.
- » **Plan ahead.** Make lists, use digital tools to keep track of work, personal tasks, and events. Schedule time to recover afterwards.
- » **Get support.** Holidays can increase stress, cause anxiety and trigger depression. Don't be embarrassed to ask for help. Many people need assistance to feel better and overcome "the holiday blues".

If you feel like you or someone you care about would benefit from some added support right now, contact your employer's employee assistance program (EAP), use digital mental health tools or contact a doctor.

**800.327.3517**

<https://uprisehealth.com/members/>

## Don't miss our featured materials



### *This Month's Featured Webinar*

#### **Do Your Bucket List: 7 Ways to Focus on Things that Matter**

**Wed, Dec 8, 2021 3:00 PM - 4:00 PM EST**

Whether it's running an iron man, meeting somebody, or losing ten pounds, we all have that next thing we want to accomplish in life. But it's so easy to lose focus on personal growth in the rush of daily life. Get inspired and get practical with these 7 strategies to increase your focus on that next bucket list item. Life without regrets is possible-you just need to get focused.

**Register using the link below**

**<https://uprisehealth.com/resources/uprise-health-december-webinar-2021/>**



### *This Month's Featured Blog & Podcast*

#### **Supporting Children's Mental Health During the Holiday Season**

**Read Now:**

**<https://uprisehealth.com/resources/supporting-childrens-mental-health-during-the-holiday-season>**

#### **Tips for a Healthy & Happy Holiday with Diabetes**

**Listen Now:**

**<https://uprisehealth.com/resources/tips-for-a-healthy-happy-holiday-with-diabetes>**