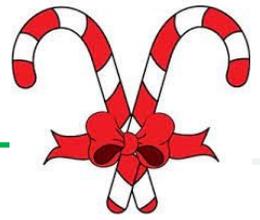


Employee Wellness Counts!

Newsletter : December 2021



Holiday Stress

Many people look forward to this time of year. It can be a fun and joyous time but it can also be stressful. Decorating, family expectations, cooking, eating unhealthy food, shopping, social gatherings, worrying about Covid, and financial concerns all contribute to stress. There are ways to help you cope with stress so you can enjoy the holiday season.

Set Your priorities. You do not have to attend every event. Decide with your family what event matters the most and skip the rest. Of course, if you have not been vaccinated against Covid or the flu and want the full affect of the vaccines, make sure you are fully vaccinated 2 weeks before any social event. If you choose not to get vaccinated, wear your masks and wash your hands and/or use hand sanitizer frequently to protect yourself and the ones you love as much as possible.

Get organized: Having a "To Do" list is really helpful. Checking off tasks can be satisfying. Getting jumbled thoughts out of your head and write them down will decrease your stress. It will also decrease the chances of forgetting to do something important.

Make a holiday budget and stick to it. Spending too much money can add to your stress level. If you have a tight budget this year, discuss with extended family and friends about not exchanging gifts. Most people will understand and will probably be happy to decrease their gift buying load as well.

Buy and wrap your presents early. Trying to get everything done at the last minute is overwhelming. Do not do that to yourself this year! If you do decide to give gifts outside your immediate family and are having a hard time deciding what gift to give someone, gift cards are always great. Write down something you admire about that person and why you care about them. Don't make it "cheesy". Write something meaningful. Give that with the gift card to them. They will probably value the written sentiment more than the gift card. Making someone feel good about themselves is a precious gift to give.

Limit your time on social media. This not only steals your time, it can steal the satisfaction you have with yourself. It is easy to compare yourself to others on social media. Enjoy your friends and family posts but don't get caught up in comparison. Remember, not many people will post the "not so good" stuff.

Don't overdo it on the sugar and unhealthy food. It is all about balance. Enjoy your holiday meal but maybe cut back on the sugary drinks. Try not to go back for seconds. Load up on the low glycemic vegetables and meat. Limit the complex carbohydrates. Eating the wrong foods can spike your insulin and make you feel tired.

Get plenty of sleep. Don't stay up late binge watching Hallmark movies, cooking, wrapping presents. Make sleep a priority! You will not be able to handle stress or enjoy your family time if you are tired.

Avoid politics during family gatherings. Not everyone has the same opinion as you. Value everyone's right to think or feel they way they do about certain political concepts. Keep the debate for another time. Just enjoy each other's company during the holiday season. If someone else brings up a touchy subject, you do not have to participate in the discussion. If you have to walk away, do whatever you must to keep peace.

Make time for exercise. Just walking 20-30minutes daily can decrease your stress. Don't skip the gym. If you walk or work out even if you do not feel like it, you will feel even better about yourself after your work out is complete.

Remember you are important. Take care of yourself and guard your mental wellness. You will enjoy the holiday season more and others around you will enjoy you more!



If you need professional counseling during the holiday season, the Employee Assistance Program (EAP) is offered at no charge to the employee. Counseling is confidential. Any employee may choose to use the counseling service and does not need to ask permission to use the services. To find more information about services offered, double click and open the link below.

<https://www.waynegov.com/939/Employee-Assistance-Program-EAP>



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