

November 14, 2014
Dear Site Champion:



What's Happening

Just a reminder: there will be no weekly message on 11/28 due to the Thanksgiving Holiday.

Weekly Wellness Insights

Almost everyone experiences additional stress during the holiday season. However, stress is not something that simply happens to us. We have a great deal of control over what causes us to feel stressed and our stress response. There are many things we can do to improve our holiday cheer and maximize our enjoyment during this special time of year. One strategy is to laugh. Research conducted by the [Mayo Clinic](#) suggests that while laughter cannot cure everything, it definitely has positive health benefits. So, turn that frown upside down and be happy! Take inventory of how you're feeling. Are your muscles more relaxed? Do you feel less tense? Check out the [long and short term benefits](#) from simply laughing.

November Health Observances

- [American Diabetes Month](#) – November
- [Lung Cancer Awareness Month](#) – November
- [National Healthy Skin Month](#) – November
- [Great American Smokeout](#) – November 20



This week, we are highlighting holiday stress management. Enjoyment and balance are important during the holiday season. Enjoy a few treats, but don't forget your fruits

and veggies. Start new traditions that incorporate fun activities. Strive to get plenty of rest and exercise. Exercise can be very beneficial in dealing with the stressors that come up during the holiday season. According to [WebMD](#), a survey conducted by Mental Health America found money concerns and chaotic schedules to be two of the primary sources of holiday stress. Think about the events that might trigger your stress for you during the holidays. WebMD suggests these ideas:

Preparing for the holidays	
Know your spending limit.	Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned. Click here to obtain more information about sticking to your holiday budget.
Give something personal.	You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.
Get organized.	Make lists or use an appointment book to keep track of tasks to do and events to attend.
Share the tasks.	You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts and preparing the holiday meal.
Learn to say no.	It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
Be realistic.	Try not to pressure yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special.

Share with your department the [eleven tips](#) for dealing with stress provided by the ParTners Employee Assistance Program. Also, please share the Arthritis Foundation relaxation technique found on the Site Champion Website under [online resources](#) in the behavioral health section. Also, be sure to check out the Healthier Tennessee app, [Streaks for Small Starts](#). This app

provides simple ways to start small in order to form healthy habits, and what better time to start than during the holidays!

Together we can encourage and enable employees to lead healthier, happier and more productive lives.

Thank you,

JJ Joralemon

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