

DECEMBER WELLNESS

FOCUS OF THE MONTH:

STRESS MANAGEMENT AND RELAXATION



Finding balance through managing your time and prioritizing your activities can help reduce stress. The December WSHG Wellness Webinar, **Work & Life Balance**, will cover these techniques. The webinar will be on December 17th, 8:00 p.m. - 9:00 p.m. Click here for the registration flyer: [Work & Life Balance Webinar](#)

Quick tips, such as setting realistic goals for yourself during the holiday season and acknowledging when you have reached your limit and it is time to say “no”, can be helpful in easing the stress of the season. For more tips from Fallon, click here: [Less Stress, More Joy for the Holidays](#)

There are a variety of short-term and long-term symptoms of stress. Extended reactions to stressful situations can alter the body’s immune system in many ways. Prolonged stress has been associated with a variety of conditions such as cardiovascular disease, decreased functional performance and certain cancers.

To learn more, test your knowledge of stress and review the informational answers provided from this quiz. Click here to reach the quiz offered from a link on the Tufts website:

[Test Your Stress Smarts](#)

Over the next few weeks, you may find that between working, shopping, socializing, wrapping and enjoying various holiday festivities, you don’t have a minute to yourself. Did you know that just a minute to take a breath can help you feel a bit more relaxed? Try it! Take a minute, and just breathe. To learn more about simple relaxation techniques, click here to reach an article offered through the BCBS *a healthy me* website:

[Relaxation Techniques That Really Work](#)

Another technique that can relax you in a short period of time is meditation.

Take a few moments to try it and enjoy the gift of relaxation.

Click here to participate in 5 simple steps to meditation on the Harvard Pilgrim website:

[Sitting Meditation](#)

Happy Holidays!
