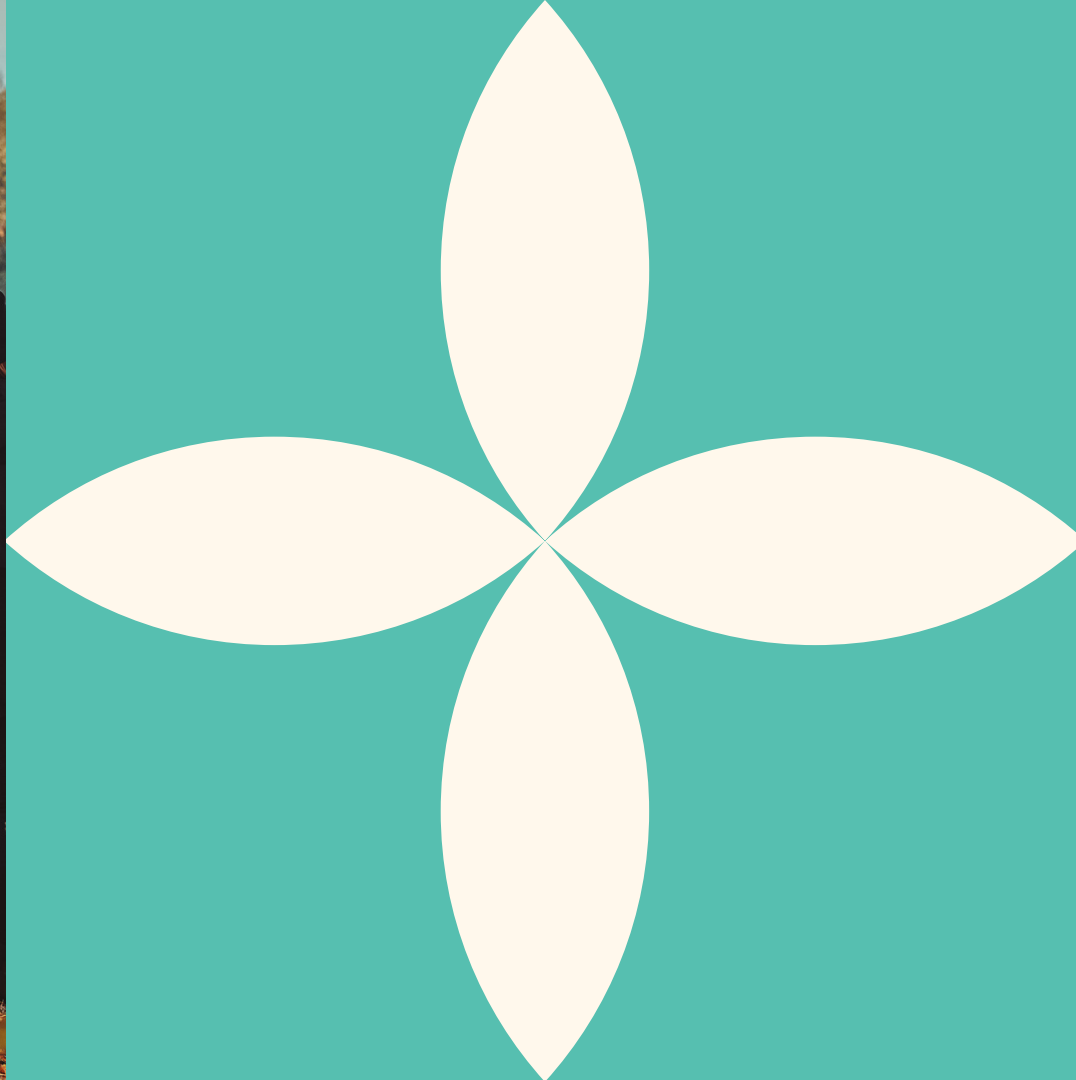


WELLNESS DURING THE HOLIDAYS

PRESENTED BY KJERSTIN EGGER
CPSS, NBHWC CERTIFIED HEALTH COACH, RYT 200



**WHAT DOES
WELLNESS
MEAN TO
YOU?**



THE GLOBAL WELLNESS INSTITUTE DEFINES WELLNESS AS "THE ACTIVE PURSUIT OF ACTIVITIES, CHOICES AND LIFESTYLES THAT LEAD TO A STATE OF HOLISTIC HEALTH."



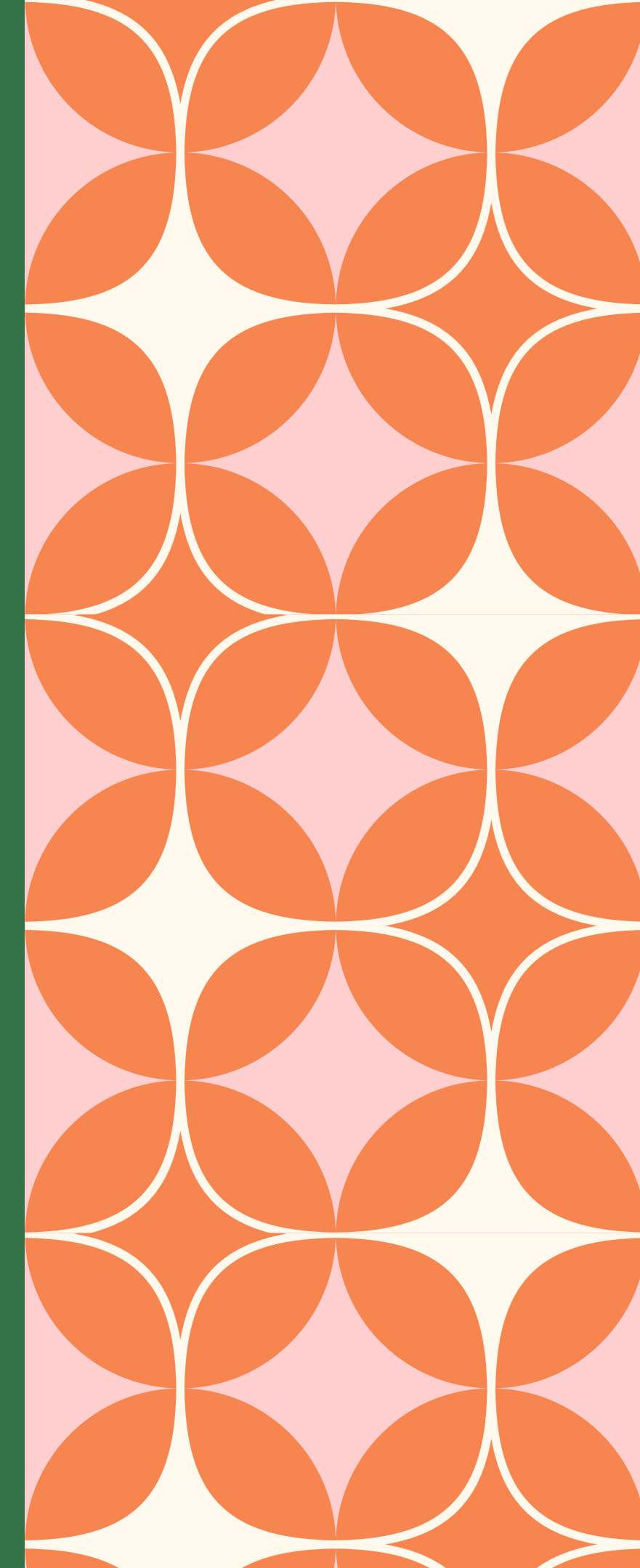
THE WORLD HEALTH ORGANIZATION DEFINES WELLNESS AS "A STATE OF COMPLETE PHYSICAL, MENTAL, AND SOCIAL WELL-BEING, AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY".



THE NATIONAL WELLNESS INSTITUTE DEFINES WELLNESS AS, "AN ACTIVE PROCESS THROUGH WHICH PEOPLE BECOME AWARE OF, AND MAKE CHOICES TOWARD, A MORE SUCCESSFUL EXISTENCE."

**RAISE YOUR HAND IF
YOU LOVE THE HOLIDAYS
SEASON!**

**NOW RAISE YOUR HAND
IF YOU GET STRESSED
DURING THE HOLIDAYS
SEASON.**





- **A 2018 STUDY BY NEWSWIRE FOUND THAT 88% OF AMERICANS FELT STRESSED WHILE CELEBRATING THE HOLIDAYS.**
- **A CONSUMER SURVEY FROM HEALTH MARKETPLACE SESAME REVEALED THAT THREE-IN-FIVE AMERICANS REPORTED THEIR MENTAL HEALTH IS NEGATIVELY IMPACTED BY THE HOLIDAYS, WITH 60% REPORTING INCREASED ANXIETY AND 52% REPORTING INCREASED DEPRESSION.**
- **ACCORDING TO THE AMERICAN PSYCHOLOGICAL ASSOCIATION, SOME OF THE MOST COMMONLY FELT NEGATIVE EMOTIONS DURING THE HOLIDAYS INCLUDE FATIGUE, STRESS, IRRITABILITY, AND SADNESS.**





**WHAT MAKES YOU
FEEL AN INCREASE OF
STRESS DURING THE
HOLIDAY SEASON?**



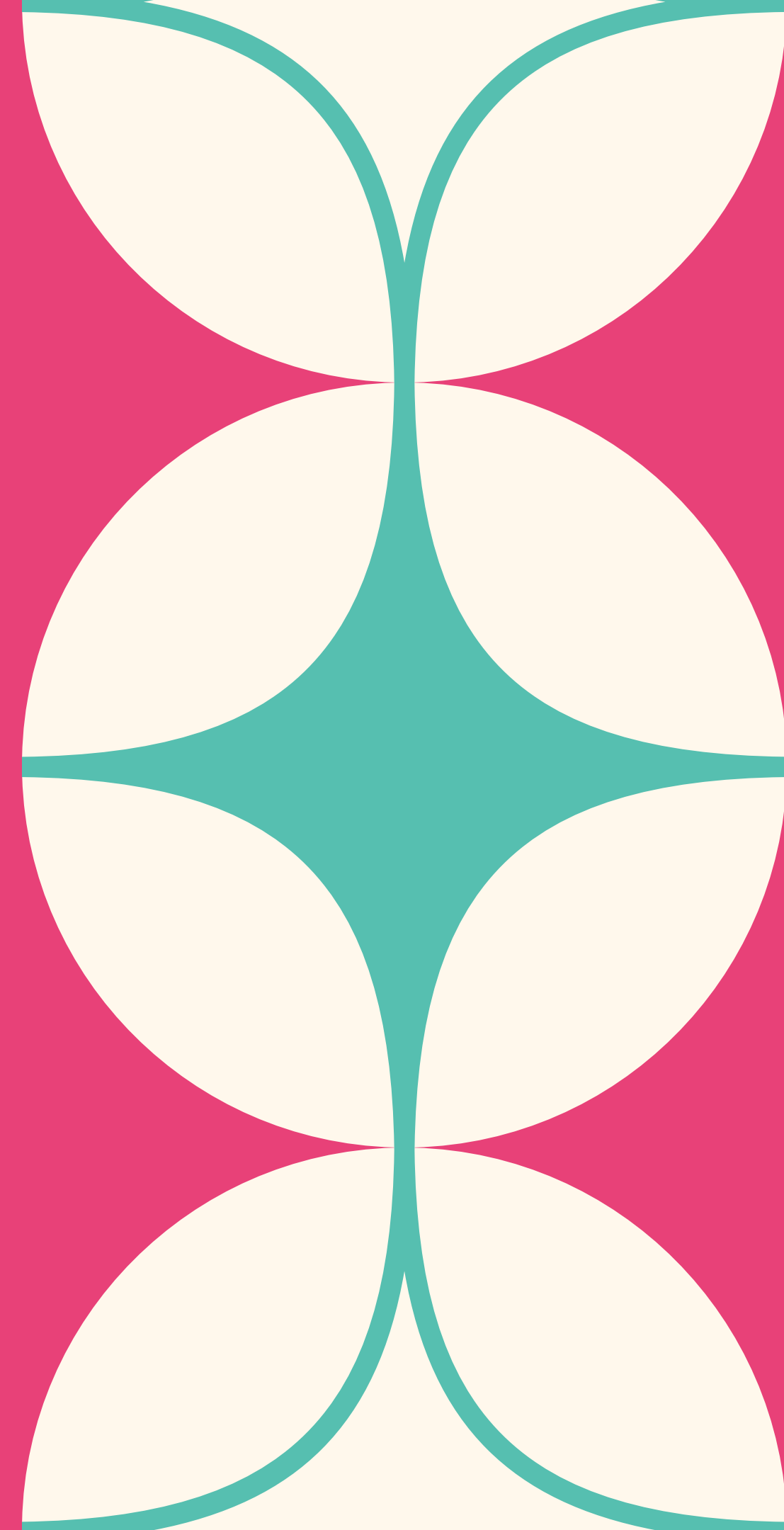
SOME REASONS PEOPLE EXPERIENCE STRESS DURING THE HOLIDAYS:

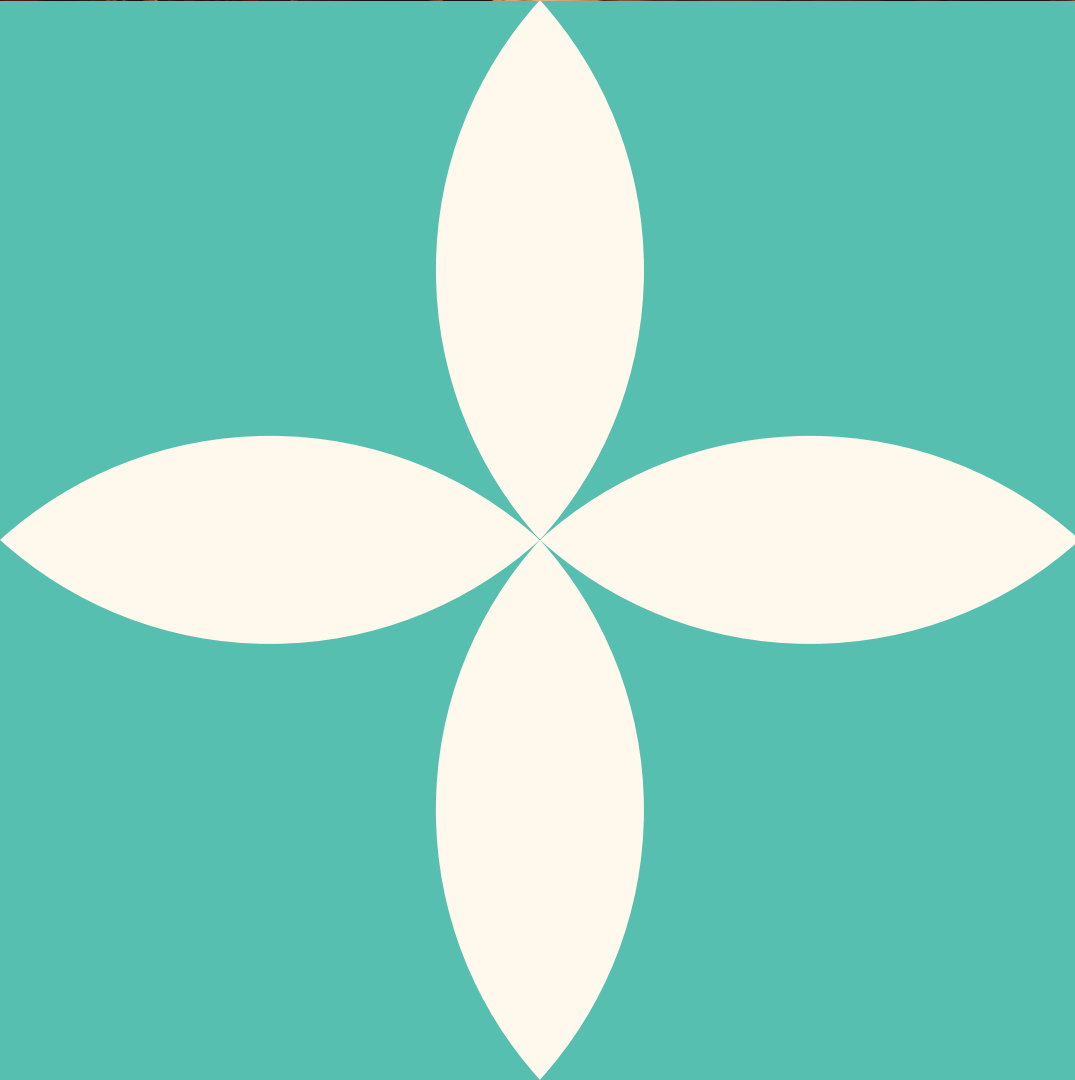
FINANCES, TRAVEL, BEING OUT OF ROUTINE, CHANGE OF DIET AND EXERCISE, FAMILY DRAMA, LOSS OF LOVED ONES, GRIEF



IT'S IMPORTANT TO RECOGNIZE OUR STRESSORS

This helps us to build our support system and wellness plans by knowing what we need





**NOW LET'S
TALK ABOUT
HOW WE CAN
HAVE THE
BEST HOLIDAY
SEASON
POSSIBLE**




Elf-Funniest Moments




Share



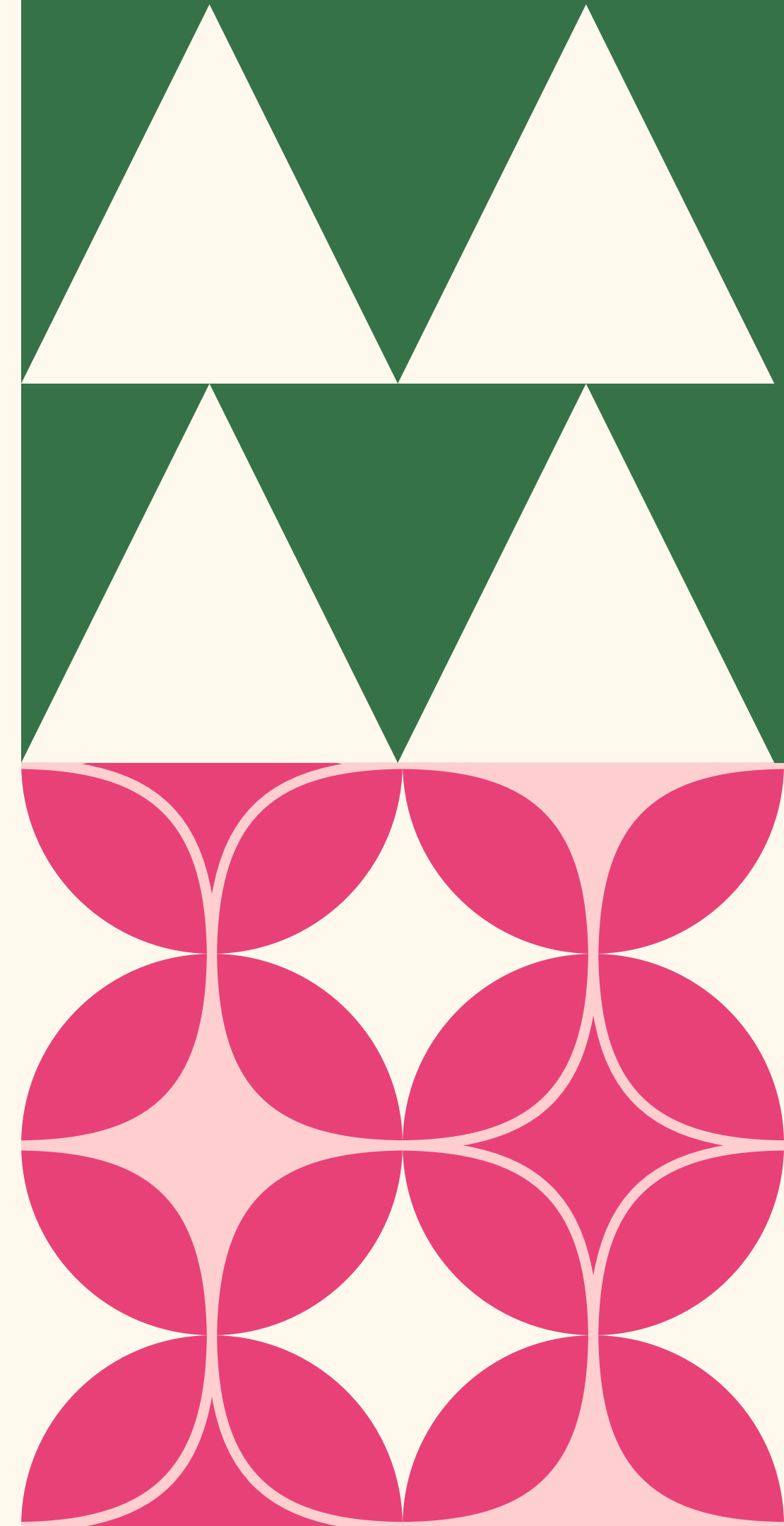
Watch on  YouTube



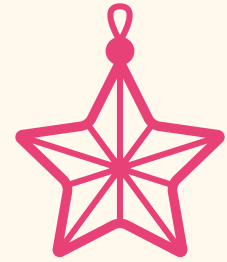


**WHAT ARE SOME
CURRENT WAYS YOU
TAKE CARE OF YOURSELF
DURING THE HOLIDAYS?**

8 DIMENSIONS OF WELLNESS



EMOTIONAL WELLNESS

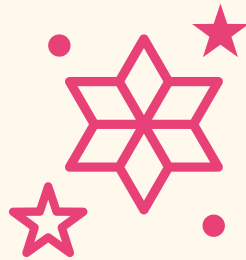


ALLOW YOURSELF TO FEEL YOUR FEELINGS

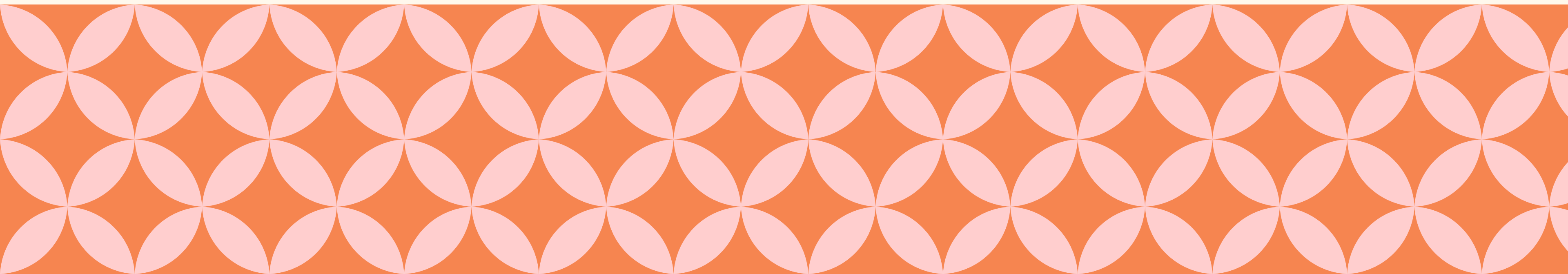
- **JOURNAL, TALK TO A FRIEND, GO FOR A WALK**



**PLAN ACTIVITIES THAT ARE NOURISHING
AND BRING YOU JOY**



PRACTICE GRATITUDE

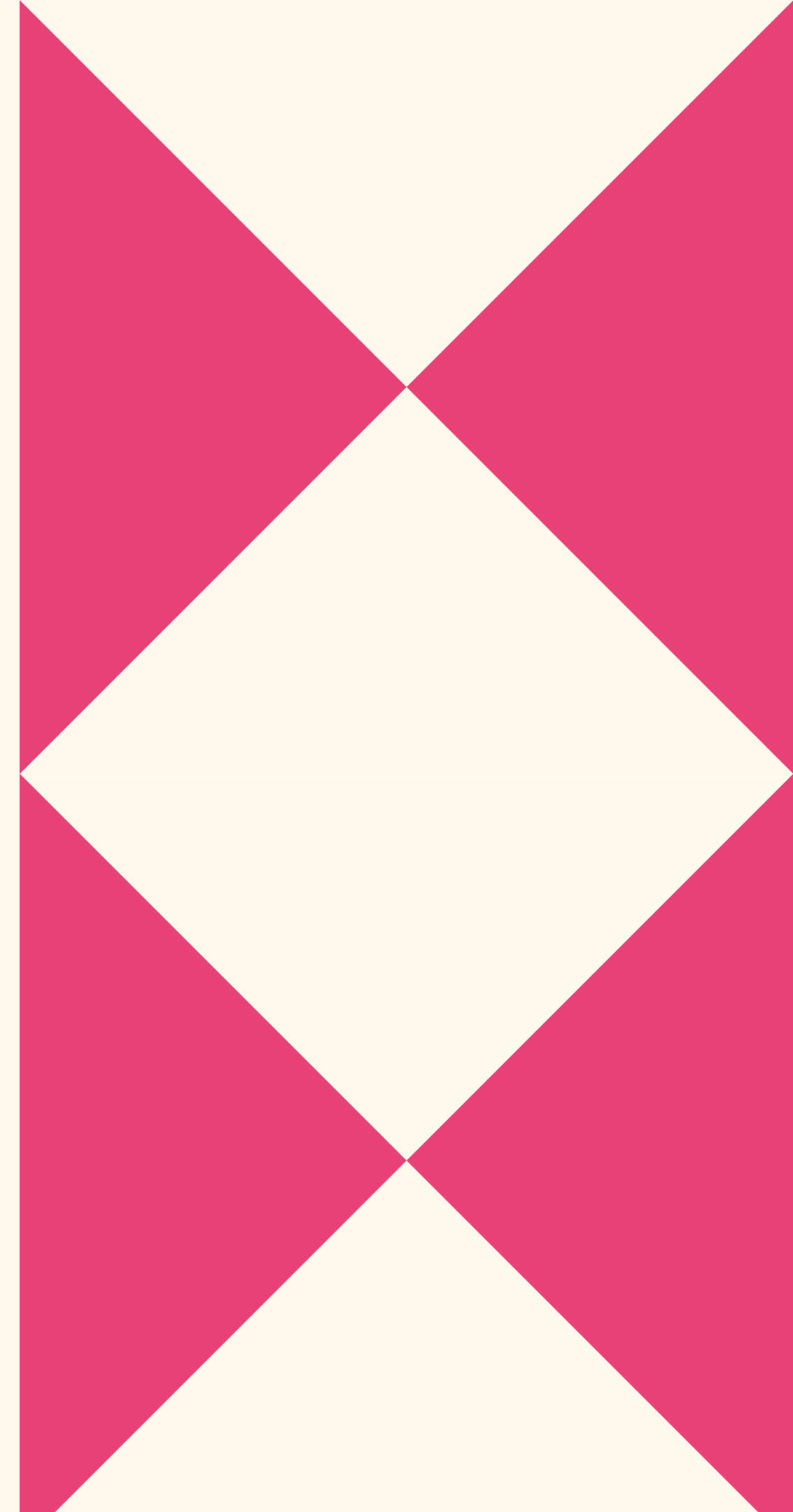


SET BOUNDARIES AS NEEDED

© Randy Glasbergen.
www.glasbergen.com



"Everyone expects Ho-Ho-Ho, but sometimes it's okay to say No-No-No."



during the holidays
Boundaries^ Can Sound Like...

I'm not able to attend this year.

I don't feel comfortable attending if so-and-so will be there.

I appreciate the invite but this year I'm be staying home.

I would love to bring that dish but my schedule is full. Maybe next time?

I can't make it. Can we plan something later this year?

Thank you for thinking of me but I can't.

I can come but I have to leave by...

I feel uncomfortable when...

I'm not discussing politics.

I don't feel comfortable talking about that right now.

I can host, but I need volunteers to help with...

I need some time to decompress upstairs/ in my car/ outside.

My weight is not a topic for discussion.

I'm focusing on my mental health & doing xyz...

I can do xyz instead, would that work?

Last year was stressful, could we try...

SelfLoveRainbow

OCCUPATIONAL WELLNESS



**WHEN YOU'RE AWAY FROM WORK,
BE AWAY FROM WORK!**



**ALLOW YOURSELF AND OTHERS SOME
EXTRA GRACE DURING THIS TIME**

- **ASSUME POSITIVE INTENT**

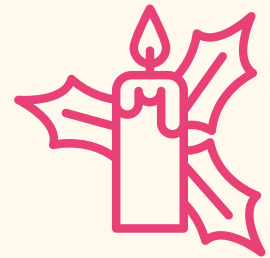


**COMMUNICATE WITH OTHERS, LET
COWORKERS KNOW WHAT YOU NEED**

SOCIAL WELLNESS



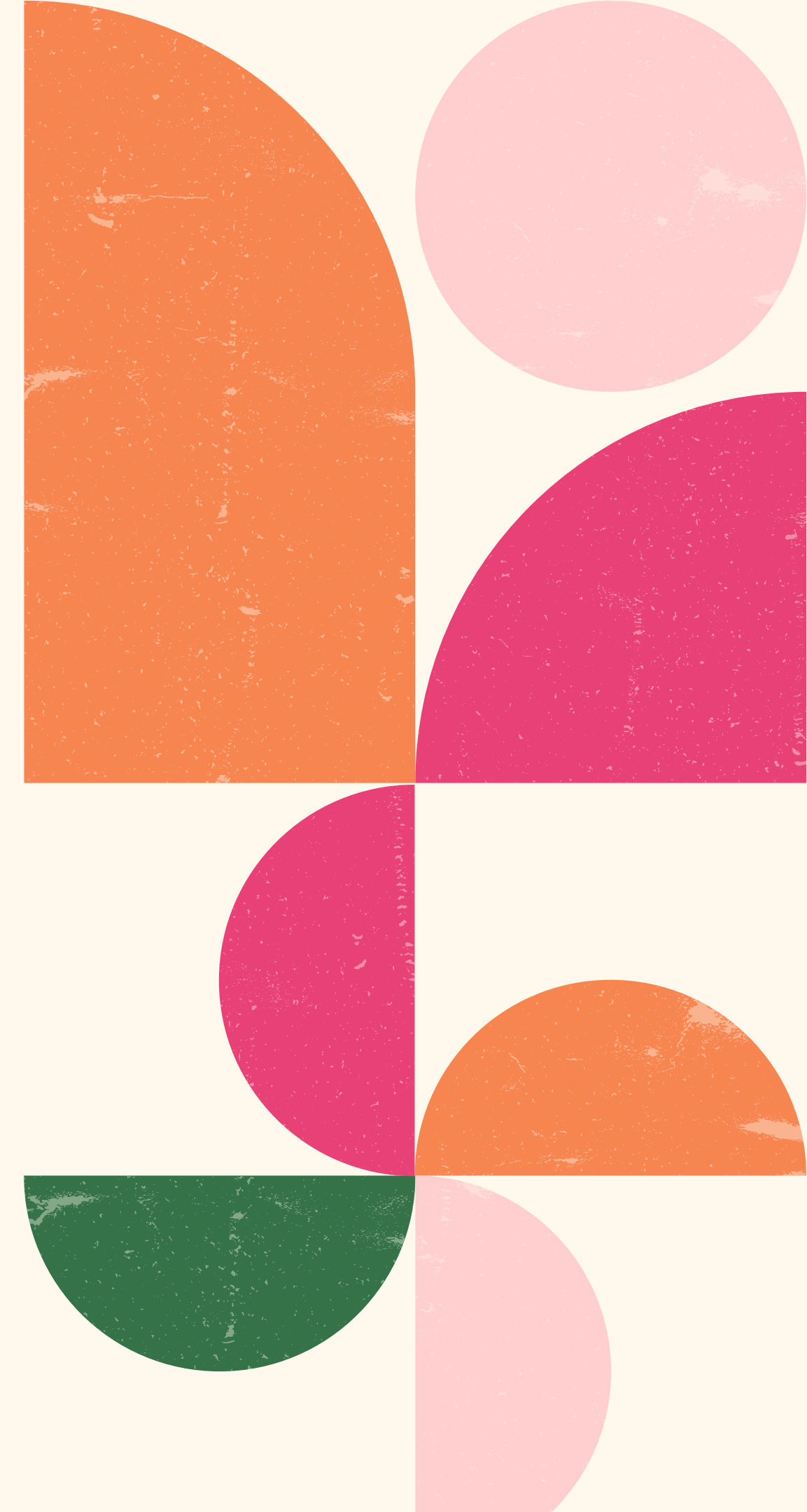
SPEND TIME WITH PEOPLE THAT TRULY FILL YOUR CUP



FOCUS ON BEING OF SERVICE TO THOSE AROUND YOU AND GIVING POSITIVE ENERGY TO THE SITUATION



ATTEND A NEW EVENT, TRY OUT A NEW ACTIVITY



SPIRITUAL WELLNESS



SPEND SOME INTENTIONAL TIME BY YOURSELF

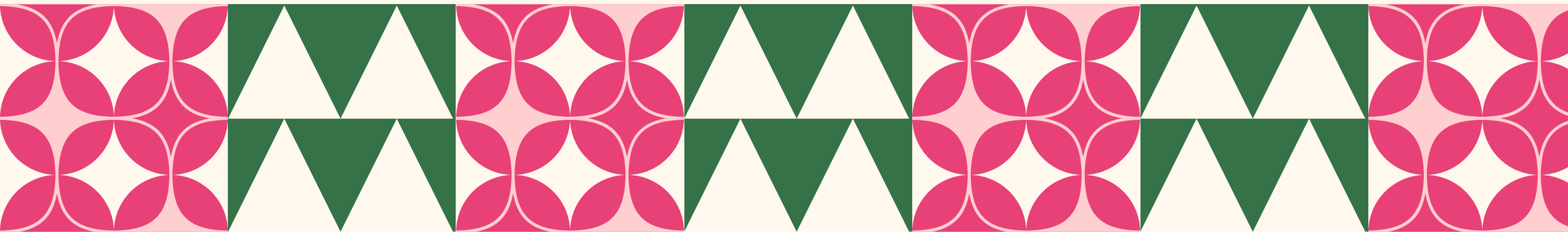


PRACTICE SPIRITUAL RITUALS THAT ARE SPECIAL AND IMPORTANT TO YOU

- **MEDITATION, PRAYER, MINDFULNESS, BEING OUTDOORS, CHURCH OR CEREMONY, COMMUNITY EVENT**



LEARN ABOUT HOW OTHER PEOPLE IN YOUR LIFE TAKE CARE OF THEIR SPIRITUAL WELLNESS

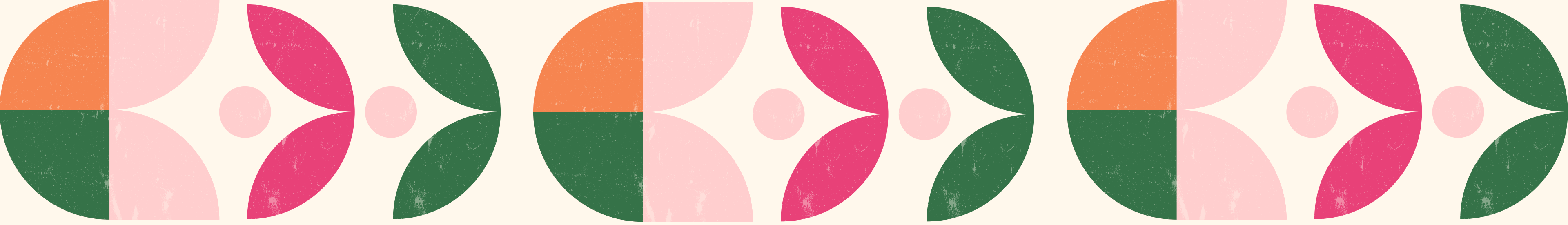


CHECKING IN

drop your shoulders
unclench your jaw
take a deep breath
close your eyes
relax your hands
breathe out slow
take a moment

© anxiety.positive

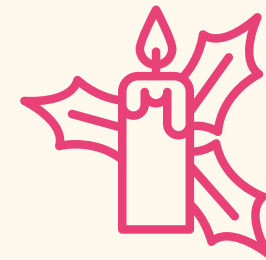




ENVIRONMENTAL WELLNESS



SPEND TIME OUTSIDE



**GIVE YOUR HOME SOME
ATTENTION**

- **DECORATE, CLEAN, ORGANIZE**



**FIND WAYS TO CONTRIBUTE
TO YOUR COMMUNITY**

FINANCIAL WELLNESS



FIND CREATIVE AND THRIFTY WAYS TO GIVE GIFTS

- DIY, THRIFT SHOPS, GIFT IT FORWARD, GIVE AN EXPERIENCE



BE HONEST ABOUT WHAT FEELS RIGHT TO YOU AND YOUR FAMILY



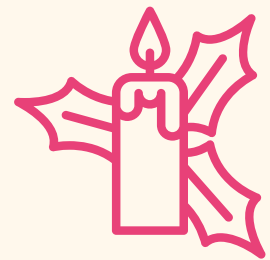
BE CONSCIOUS ABOUT SPENDING MONEY ON WHAT MATTERS

- EXPERIENCES, DONATE, FOCUS ON MEANING

INTELLECTUAL WELLNESS



**FIND A NEW CLASS, SHOW, EVENT,
OR WORKSHOP TO ATTEND**

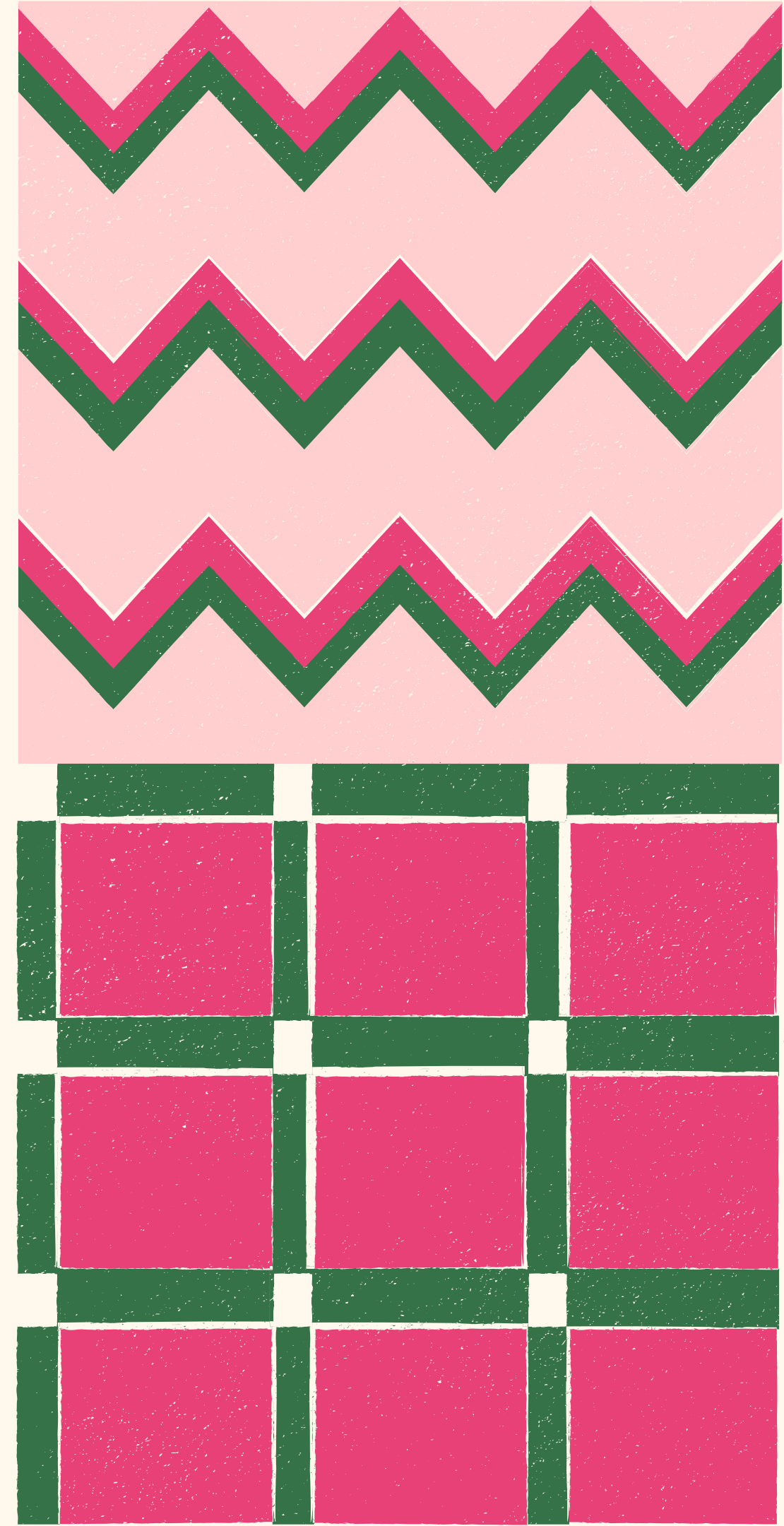


**LEARN ABOUT OTHER HOLIDAYS
THAT PEOPLE CELEBRATE**

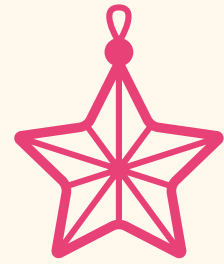
- HANUKKAH, 3 KINGS DAY, ST. LUCIA DAY,
ST. NICHOLAS DAY, CHRISTMAS,
KWANZAA, NEW YEARS, BOXING DAY



**CHOOSE A BOOK OR MOVIE YOU
HAVEN'T READ OR WATCHED**



PHYSICAL WELLNESS



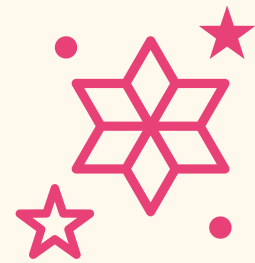
**MUNCH ON WHOLE, EARTH FOODS
WHILE YOU ENJOY TREATS**

- AND HYDRATE!

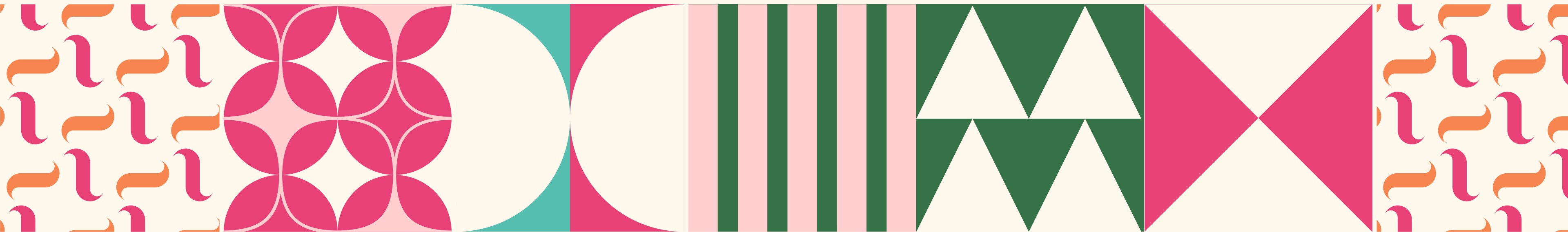


**LISTEN TO YOUR BODY AND GIVE
IT WHAT IT NEEDS EVERYDAY**

- DOES IT NEED TO MOVE, STRETCH,
REST?



**TRY TO GET 7-8 HOURS OF SLEEP
AS REGULARLY AS YOU CAN**



SPECIAL SHOUTOUT TO PARENTS DURING THE HOLIDAY SEASON!

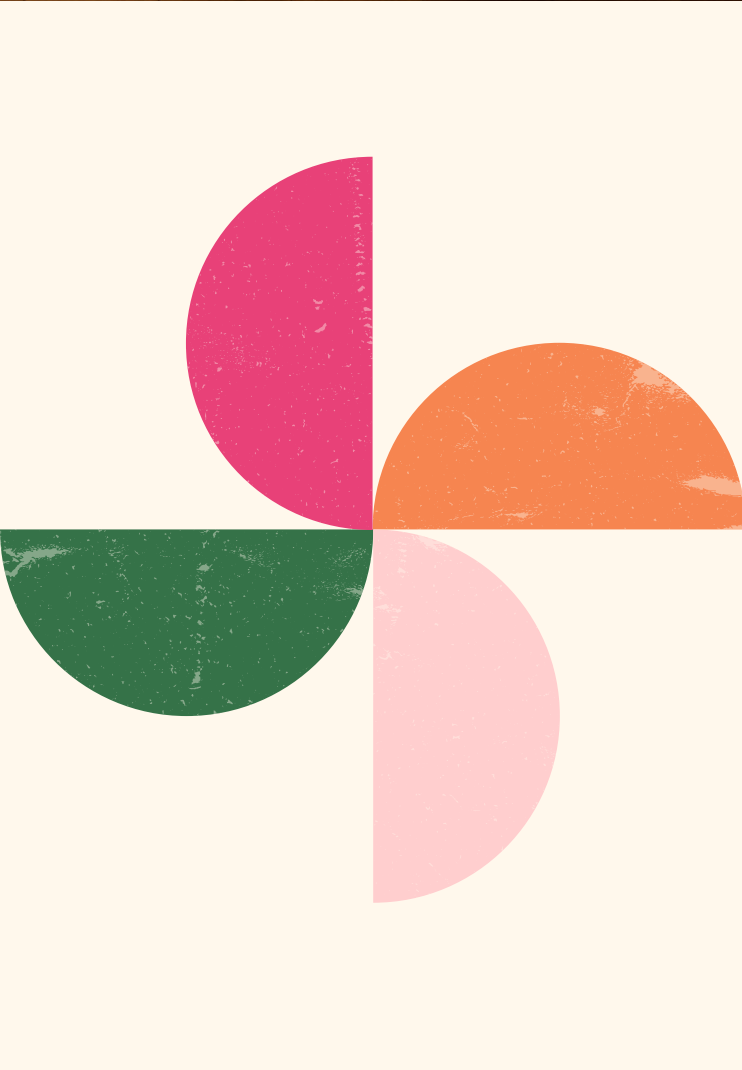
KIDDOS ALSO NEED LOTS OF EXTRA LOVE, PATIENCE, AND UNDERSTANDING



IT MIGHT HELP TO...
KEEP ROUTINES WHEN YOU CAN
LET THEM HELP OUT
STATE EXPECTATIONS OFTEN
GET YOUR WIGGLES OUT TOGETHER
GIVE LOTS OF FREE PASSES



**WHAT'S A NEW
WAY YOU ARE
GOING TO TAKE
CARE OF
YOURSELF THIS
HOLIDAY
SEASON?**





MAKE A COMMITMENT TO YOURSELF!

**WRITE IT DOWN, TELL YOUR SUPPORTERS,
LOVED ONES, AND COWORKERS**

THANK YOU!



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