



## A Word With Wellness December 2023

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### Keep the Momentum, Let's Finish Strong!

We're a week away from finishing the 689 Moving Metro Nourish Challenge, and we're crushing it!

As you navigate the festive season, remember, every habit you're practicing is a step toward a healthier, more confident you in the new year.

You're building a foundation for a vibrant 2024, so keep up the fantastic work!

**Signed up, but forgot to log?** No problem! You can still participate. You're able to backlog in Nourish. If you're having issues doing so, please use the help link in the Nourish Garden app and customer service will be happy to assist.

Important dates:

- **Challenge end date:** December 17th
- **Last day to log activity:** December 20th

If you have any questions, email [wellness@tehw.org](mailto:wellness@tehw.org) and a member of our team will respond to your inquiry!

## December Buralong Calendar

Streamline your daily routine effortlessly with the help of this calendar, removing the mental effort from your daily activities and propelling you towards your health goals.

Click the image, then click on the activity you want to participate in. It's that easy.

The image shows a digital calendar for December 2023. The calendar is organized by days of the week (Sunday to Saturday). Each day has a specific activity listed with a heart icon and a duration. For example, on Sunday, the activity is 'Goal Setting' (Health Coaching, 6 min). On Monday, it's 'Meditation' (Mindfulness, 13 min). On Tuesday, it's 'Yoga' (Stress Management, 60 min). On Wednesday, it's 'Mental Health' (Educational, 3 min). On Thursday, it's 'User Event' (12 PM EST). On Friday, it's 'Cardio' (Abs, Cardio, Strength, 48 min). On Saturday, it's 'Kettlebell' (Strength, 37 min). The calendar also features a 'December playlist' section on the right, which includes a description: 'This month, we've curated a playlist with daily classes to help you work towards your health goals. Jump in at any time!' and a 'VIEW THE PLAYLIST' button. Below the playlist is a 'Monthly Challenge' section with the text: 'Participate in at least one invigorating Buralong class focused on goal setting. After your class, take a moment to set your health and wellness goals for the upcoming year.' The calendar is decorated with small icons of people and objects.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Goal Setting ♥ Health Coaching ⌚ 6 min	4 Meditation ♥ Mindfulness ⌚ 13 min	5 Yoga ♥ Stress Management ⌚ 60 min	6 Mental Health ♥ Educational ⌚ 3 min	7 User Event 12 PM EST	8 Cardio ♥ Abs, Cardio, Strength ⌚ 48 min	9 Kettlebell ♥ Strength ⌚ 37 min
10 Financial Wellbeing ♥ Educational ⌚ 10 min	11 Meditation ♥ Mindfulness ⌚ 12 min	12 Yoga ♥ Beginner Yoga ⌚ 39 min	13 User Event 12 PM EST	14 Cardio ♥ Step Cardio ⌚ 42 min	15 Nutrition ♥ Healthy Recipe ⌚ 8 min	16 Strength ♥ Bodyweight ⌚ 26 min
17 Goal Setting ♥ Educational ⌚ 8 min	18 Self-Care ♥ Educational ⌚ 9 min	19 Yoga ♥ Gentle Yoga ⌚ 50 min	20 Nutrition ♥ Healthy Recipe ⌚ 22 min	21 Cardio ♥ Cardio, Dance ⌚ 24 min	22 Mindfulness ♥ Mental Health ⌚ 7 min	23 Strength ♥ Cardio, Strength ⌚ 53 min
24 Mental Health ♥ Stress Management ⌚ 5 min	25 Mindfulness ♥ Life Coaching ⌚ 9 min	26 Yoga ♥ Beginner Yoga ⌚ 4 min	27 Nutrition ♥ Healthy Recipe ⌚ 6 min	28 Cardio ♥ Bootcamp ⌚ 58 min	29 Blood Sugar ♥ Educational ⌚ 10 min	30 Strength ♥ Boxing, Abs ⌚ 20 min
31 Goal Setting ♥ Educational ⌚ 15 min						

If you aren't already signed up for Buralong, click [here](#) to get active!

**Healthy Holiday Tips and Recipes**



## Tips to Avoid Holiday Stress

Thinking about holiday gatherings and activities can make you excited but also a bit worried. As the holidays get closer, you might start feeling more stressed.

Dealing with family relationships can be tough, and there's also stress from shopping, buying gifts and traveling, hosting events, and managing a busy schedule during the holidays. Unrealistic expectations and feeling of loneliness or grief can make it even more stressful.

Here are four simple strategies from the American Psychiatric Association (2022) to help you take care of your mental health during the holidays:

1. Practice mindfulness and meditation: try one or all of these guided [mindful meditations](#) when you start to feel stressed.
2. **Prevent burnout by saying NO:** during the holiday season, balancing joy and stress is crucial; prioritize activities and relationships that bring joy and emotional recharge. Say no to situations causing stress.
3. **Take a break:** in the presence of a family member who tends to escalate conversations into conflicts, consider preemptively removing yourself from the situation if things take a negative turn, either by leaving the room or stepping outside.
4. **Get some fresh air and sunlight** Engaging in outdoor activities, even if not a winter sports enthusiast, can provide relaxation, mood improvement, and mental health benefits, particularly during the winter months. Be sure to get out and take a walk each day.

Click [here](#) to learn more.

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## Tips for Maintaining Financial Wellness

Managing the gift-giving season can induce stress for both you and your financial situation, especially when your usual expenses persist during the holidays. Recognizing the impact of financial well-being on your overall health, we suggest alleviating the strain associated with holiday costs this year.

Focus on implementing a more strategic approach to your shopping rather than succumbing to pressure. To help you steer clear of overspending this holiday season, watch this video from Burnalong: [Financial Wellness for the Holidays!](#)

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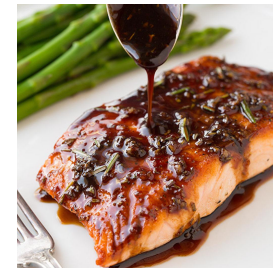
## Add one or all of these dishes to your Holiday Menu!



[Maple Roasted Sweet Potatoes](#)



[Sauteed Broccoli and Kale with Toasted Garlic Butter](#)



[Balsamic-Glazed Salmon](#)

## How Are You?

If you or someone you know is struggling with their mental health or needs help, contact your medical providers to be connected to a mental health professional:

CareFirst: 1-800-245-7013

Kaiser Permanente: 1-866-530-8778 or 1-800-777-7904 for urgent care  
You can also contact the Suicide and Crisis Hotline by dialing 988 (call or text)



Throughout the rest of this year, all WMATA employees, spouses, or anyone living in the household is eligible for **3 free EAP sessions** through CareFirst regardless of the health plan you are enrolled in. Click the flyer for more information.

Log in to the EAP website at [carefirst.lifeworks.com](https://carefirst.lifeworks.com) or download the free Lifeworks mobile app.

Username: CareFirstEAP  
Password: eap

You can also reach an EAP advisor 24/7 by calling **1-866-408-2755**.



### Employee Assistance Program

When personal issues arise, as they naturally do for many of us, CareFirst's Employee Assistance Program (EAP) is here when you need it. Powered by LifeWorks®, a leading EAP provider and pioneer in the well-being industry, our program is designed to provide the mental, physical, social or financial support you need to bounce back from life's ups and downs.

More importantly, you and your eligible household members can use the EAP at no cost.

#### Get help to be your best at home and work

Our EAP provides the support you need to overcome whatever life throws at you:

- Emotional Support—Anxiety, bereavement, depression, personal relationships, sleep management and stress.
- Everyday Support—Elder and childcare matching, financial support, legal services, relocation, and more.



Access help 24/7 online or through the free LifeWorks mobile app.

\* LifeWorks (US) LLC is an independent company that provides employee assistance program (EAP) services to CareFirst members. LifeWorks does not provide BlueCross BlueShield products or services and is solely responsible for the EAP services it offers.

## Resources and News You Can Use

Did you know that according to the National Institute for Occupational Safety and Health (NIOSH), nearly 2000 workers in the United States require medical treatment for on the job eye injuries every day?

Have you ordered your prescription safety glasses? You are able to order one pair per year.



All you need is your current prescription along with your pupil distance.

Find out how to place an order [here](#).

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Visit our Website

Have questions or need assistance?

Email:

[wellness@tehw.org](mailto:wellness@tehw.org)

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