

December Wellness Action Message



Monthly Theme: Healthy Holiday Self-Care Tips

The Gift of Self-Care

The best gift you can give yourself throughout this holiday season is the “gift of self-care”. Self-care should leave you feeling calm, filled up, and at peace.

Self-Care Mental Health Tips

Here are a few tips from mental health experts to help you feel at peace throughout the holiday season.

Keep healthy habits: It’s important to keep healthy habits in place no matter your holiday plans. This may include going on a daily walk, getting a good night’s rest, planning healthy meals, or staying hydrated. Taking care of your physical health can help stabilize your mood, reduce feelings of stress and anxiety, and improve long-term mental well-being.

Practice gratitude: ‘Tis the reason for the season. Studies have consistently shown that practicing gratitude increases happiness, decreases depression, promotes better sleep, and improves heart health. Instead of a holiday wish list, try making a list of things you’re grateful for that you already have. Show gratitude to others with acts of kindness, or by simply taking the time to say, “Thank you.” Start a gratitude journal by jotting down three things you’re grateful for every day, from your morning coffee to compassionate friends.

Practice relaxation: Practicing relaxation techniques is an excellent method for managing your mental health. Activities like meditation, scheduling a massage, or taking a yoga class can help you unwind and enjoy a moment of peace during your day. Even a few rounds of deep breathing, before you head into a store or family gathering, can help you center yourself.

Let go of expectations: Sometimes, the best, biggest act of holiday self-care we can give ourselves is simply to work on letting go of the standards and expectations we so often set for ourselves at this time of year — fixed ideas created in the mind that might not match how life actually plays out. This is something else we get to observe when meditating.

When we sit with the mind, we are sitting with the present moment; we are sitting with life as it unfolds, without guarantee. We are, in fact, training the mind to be okay with uncertainty. Ultimately, we come to a place where we lessen our grip on seeking to control outcomes, and so we let go of any ideals or expectations that can often trip us up, or lead to sadness and frustration.

Ask for help: Reaching out for help during the holidays is one of the best things you can do in practicing self-care. It’s effective to speak with a person you trust, like a friend, family member, or therapist, about your current feelings. You’ll discover that feeling down or stressed during the holiday season is normal, and you can discuss tools to overcome the negative feelings.

So, enjoy the holidays, and remember to take time to care for your own needs and emotions. Remember, as the flight attendants say as part of their safety preparations, you need to put on your own oxygen mask first before helping others. This may help you more fully appreciate and find meaning this holiday season.

Medica's Mental Health Resources

Live and Work Well: Well-being support and resources. Find health resources and personalized support services to help you and those you care about find the balance, support, and care to live the healthiest life possible. The Live and Work Well site is available 24/7 for confidential access to professional care, self-help programs, and a variety of helpful information.












1. Go to LiveAndWorkWell.com.
2. To view the educational content and provider search, enter access code MEDICA.
3. Create an account to access all self-help resources and the claims center. Enter your Medica member ID number during register.

Self Care by AbleTo: On-demand help for stress and emotional well-being. Access self-care techniques, coping tools, meditations, sleep tracking, and more at no additional cost to you. Check in, track your progress, and explore personalized content that you can move through at your own pace on your mobile device.

1. Visit AbleTo.com/Begin and enter "Medica" when asked for your access code.
2. After you register, download the AbleTo app

Stress management Journeys

Complete a Journey that supports your emotional health and well-being this holiday season. Sign in to your My Health Rewards account, go to the "Health" tab, and choose "Journeys" to get started.

Reducing Stress	Find Emotional Balance
 <p>Choose a New Mindset 10 Days to Complete</p>	 <p>Care for Yourself While Caring for Others 16 Days to Complete</p>
 <p>Find Your Focus 10 Days to Complete</p>	 <p>Growing Emotional Awareness 17 Days to Complete</p>
 <p>Finding Joy and Purpose at Work 10 Days to Complete</p>	 <p>Practice Self-Love and Self-Acceptance 16 Days to Complete</p>
 <p>Make Time for Play 10 Days to Complete</p>	 <p>Returning to Your Workplace 18 Days to Complete</p>
 <p>Recognize and Overcome Burnout 12 Days to Complete</p>	
 <p>Stress Less in No Time 10 Days to Complete</p>	
 <p>Three Ways to Lower Stress 10 Days to Complete</p>	

Sand Creek Employee Assistance Program Mental Health Resources

Sand Creek EAP offers a variety of ways to assist with your mental health needs. If you are looking to "Thrive Through The Holidays", one of the best ways to do that is to manage expectations and set boundaries, whether they are financial, food, or family related. Our EAP is here to help offer that support, whether it's mental health counseling, financial counseling or trying to stick to your eating plan. They have the resources to help.

Contact Sand Creek at 1-888-243-5744 or visit <https://sandcreek.mylifeexpert.com/>