

DECEMBERNEWS 2022

Empowering you with information for
your emotional and physical wellbeing

Happy and Healthy Holiday Season

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How do we maintain a happy and healthy holiday season?

December is full of holidays for many people in the United States. We want the season to be merry, so how do we reduce stress and take care of ourselves during such a busy and full month? Read on for some tips and tricks to maintain a healthy lifestyle at the end of the year.



800.395.1616

<https://link.uprisehealth.com/members>



Introducing Success Stories— Real People, Real Transformation

We want to hear and share stories from our members who have overcome personal struggles and shine a light on the steps you took to transform and empower positive change.

If you have a story you'd like to submit please email us at marketing@uprisehealth.com. You can choose to be anonymous. We look forward to hearing from you and sharing your stories to inspire others.

Tips for Keeping Your Mind Healthy



Acknowledge your feelings

Emotions are complex. Learning to acknowledge them can bring you tremendous benefits—you can better understand what you're feeling and why. It might make it easier to trust yourself and your experience, and to start recovering from hardship or grief. You can practice by naming your feelings, tracking a particular feeling, or noticing what happens to your body during a particular emotion.



Understand and limit triggers

A trigger is something that causes a particular reaction—usually a negative reaction. Triggers vary widely from person to person, and they can include sensory triggers (sounds, signs, smells), internal triggers (memories), symptom triggers (physical changes such as lack of sleep). It's important to understand your triggers, limit them where possible, and have a plan when you cannot avoid them.



Avoid over-scheduling

It's so easy when a person is overscheduled to become exhausted, miss important self-care, and get stressed. Having a manageable schedule helps us balance priorities, reflect on what we're doing, and enjoy life a little more. Understand your limits and build in buffer zones between tasks, so that you aren't scheduling things back-to-back.



Accept help when you need it

It can be very uncomfortable asking for and accepting help. It might feel like we are failing or weak if we aren't able to do everything we need to do. But it's a critical part of the human experience to have a support system and work with each other. Many people around you will be excited and enjoy the opportunity to give.



Read on for more information

If you want more information and resources about stress and the holidays, we have more for you to read on the Uprise Health blog: <https://link.uprisehealth.com/december>

TIPS FOR KEEPING YOUR BODY HEALTHY

1. *Eat veggies first to give your body essential nutrients before eating delicious carbs and sweets.*
2. *Choose your favorite dish or two for a no-guilt splurge.*
3. *It's a busy time of year, so make sure you have relaxation practices and a good sleep routine.*
4. *Make time to move—even a short after-meal walk can help.*
5. *It's a tempting time to indulge, but try to avoid excessive alcohol and sugar.*

More information is available on maintaining good health:

<https://link.uprisehealth.com/december>





The Importance of Sleep on Mental Health

It often feels like there isn't nearly enough time to get everything done in a day, and many of us burn the midnight oil to grab a few extra waking hours. Sleeping fewer hours may seem like a life hack, but lack of sleep can hurt mental and physical health in many ways.

Sleep is necessary for the human body to function. Although health experts aren't exactly sure why we need rest, they theorize that sleep restores our bodies by allowing tissue repair, muscle growth, and protein synthesis. Sleep also rejuvenates our brains, improving cognitive function, memory, and learning by clearing out adenosine, a hormone by-product of our brains doing the heavy lifting day after day. During sleep, our body clears adenosine and helps us feel more alert after a good night's sleep.

When we don't sleep well, sleep long enough, or sleep soundly, our bodies don't enjoy the benefits of a whole night of restorative sleep. Over time, sleep deprivation can lead to muscle weakness, high blood pressure, and obesity. Lack of sleep also profoundly affects mood. Poor sleep increases feelings of stress, and stress can cause insomnia or difficulty falling or staying asleep. About 21% of adults say stress keeps them up at night, and nearly half say they feel more stress after a poor night's sleep¹. And the cycle continues.

TIPS FOR A GOOD NIGHT'S REST

Research has shown that most Americans would be healthier and safer with even one extra hour of sleep each night. Here are a few ways to get the ZZZs their body needs.

- Avoid caffeine and heavy meals a few hours before bed
- Remove electronics from your bedroom, including TVs, laptops, and smartphones
- Use blackout curtains to block light from your bedroom
- Use white noise or a fan to help block outside sounds
- Keep your room cool—about 65 degrees

For more information on mindset, check out this blog: <https://link.uprisehealth.com/rest>

1. Source: <https://www.apa.org/news/press/releases/stress/2013/sleep>



Reflecting on Your Mental Health

Throughout all of 2022, Uprise Health has been emphasizing the importance of mental health and managing our mental health. With the holidays around the corner, we are thinking and reflecting on the year.

We hope our members have had a chance to spend some time using our digital mental health platform to learn more about important mental and behavioral life skills including mindfulness, stress management, mindset management, and acceptance. These mental health skills can give you a really powerful set of tools to face life's challenges, build resilience, and improve your wellbeing. If you want to reflect on what courses you took, you can check in your profile and look at what skills you acquired, how many exercises you completed, and how many minutes you spent in our CBT-based library.

Your profile also shows you a long-term view of your wellbeing and stress scores through the year from the Uprise Health Wellbeing Check. How has your wellbeing levels looked through the year? Do you notice any patterns? Any time of year that was harder or easier for you? Tracking your wellbeing and stress can give you a little more control managing your mental health throughout the year.

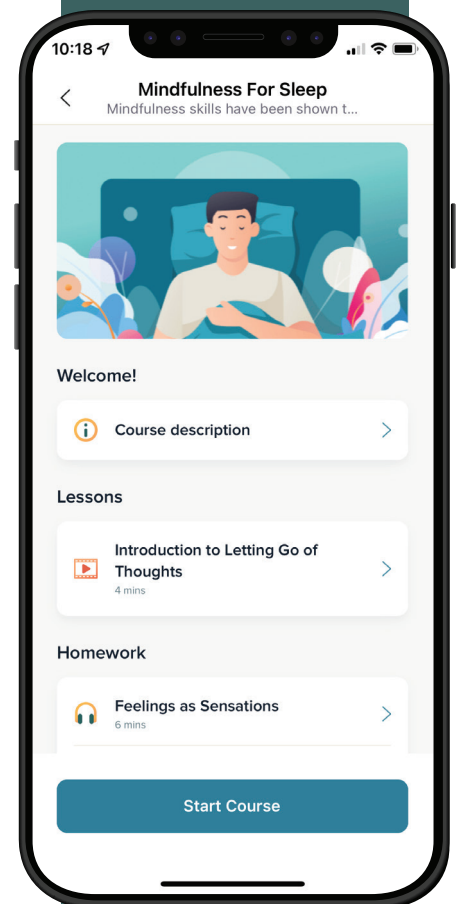
If you have a little time in December, we recommend rounding out the year by adding one more mental health skill. We think sleep and relaxation is important during this time of year, but go through our course library to see if there is a course that better fits your needs:

<https://app.uprisehealth.com/library>

DECEMBER'S HIGHLIGHTED SKILL-BUILDING COURSE: SLEEP AND RELAXATION

In this course, we cover a key set of skills that have been shown to improve relaxation and set you up well for going to sleep. December can be a busy and stressful time of year for many of us, so it's a great opportunity to build better sleep and relaxation skills. Jump in today:

<https://app.uprisehealth.com/library/course/19/lesson/overview>



Resources & Events



December Holidays and Observances

The month of December has a lot to offer in terms of holidays and observances. Here are just a few that you can read about or observe:

December 1: National Pie Day
December 2: Special Education Day
December 7: National Pearl Harbor Remembrance Day
December 8: Feast of the Immaculate Conception, Bodhi Day/Rohatsu
December 12: Our Lady of Guadalupe
December 13: National Cocoa Day
December 15: Bill of Rights Day
December 17: National Ugly Christmas Sweater Day
December 18: First Night of Hanukkah
December 21: Winter Solstice
December 23: Festivus
December 24: Christmas Eve
December 25: Christmas
December 26: First Day of Kwanzaa, Boxing Day
December 30: National Resolution Planning Day
December 31: New Year's Eve

Happy Celebrating!

This Month's Mental Health Skill Building Webinar

Advanced Mindset

Get inspired on ways to improve your work and life in the new year.

**Join us for a 30-minute webinar and Q&A
December 15, 2022 | 12pm PT**

<https://link.uprisehealth.com/december-webinar>

This Month's Personal Advantage Webinar

Deep Relaxation for Better Sleep

In this webinar, we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep.

The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services." Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.

Members Love Our Webinars!

"I didn't know what to expect, but got some great information in the short time of the webinar! Looking forward to doing more of the activities and using the app. Thank you!"