

# DECEMBER NEWS 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.

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## 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](mailto: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 sleep. 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>

## Resources & Events



### *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 Personal Advantage member site with your assigned Access Code and click "Webinars". Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.*

### **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!***