



BE WELL THIS HOLIDAY SEASON

TIPS TO *Celebrate More* AND **STRESS LESS** THIS SEASON

- **SEEK SOME SUNSHINE** to boost mood and ease winter blues.
- **SAY “I’LL GET BACK TO YOU,”** then decide if an event really fits your schedule.
- **FIND SOME HEALTHY HOLIDAY RECIPES.** Make them for parties, so you can enjoy without regret.
- **MAKE A BUDGET AND STICK TO IT.** Presence is more important than presents.
- **HELP OTHERS — AND ASK FOR IT YOURSELF.** Volunteering feels good. So does getting a helping hand.
- **SLEEP AWAY YOUR STRESS.** Unwind at bedtime with deep breathing and a warm bath.
- **STAY FIT WITH FRIENDS.** Plan active get-togethers instead of dinners and drinks.

Use the *Be Well SHBP* program resources to help you achieve your goals.

FEATURED RESOURCES:

Talk to a well-being coach by calling 888-616-6411.

Visit the “Inspirations” area of your *Be Well SHBP* account (found under the Discover navigation) to find transformational videos for mind, body, and spirit.

Complete your RealAge® Test to better understand how stress may be affecting your health, and set goals to help you stay on track