



WEALTH IN WELLNESS

DECEMBER WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments

KEEP HOLIDAY STRESS FROM STEALING YOUR JOY

With the holiday season comes more social events, more opportunities to indulge, more lavish spending and extra time with family and coworkers — all of which can feel stressful at times. Stress can cause irritability, interrupt sleep patterns, and even contribute to higher blood pressure and cholesterol levels.

Minimize your holiday stress by setting healthy boundaries. Boundaries are limits you select to protect your well-being. Without boundaries, you work to make everyone else happy, but often at the expense of your own happiness. You can end up exhausted and resentful of others. Boundaries help you prioritize your health and wellness, which can help you feel more relaxed and manage your stress before it becomes too much.

The holiday season does not have to be overwhelmingly stressful. Remember that you don't have to commit to every invitation, be the perfect party host or buy perfect or expensive gifts. This year, stick to your boundaries and find peace amid the season's busyness.

HOLIDAY BOUNDARIES

- ✓ Write down your priorities for this holiday season.
- ✓ Create a budget for holiday spending.
- ✓ Write down events on a calendar.
- ✓ Decline events that don't bring you joy or align with your priorities.
- ✓ Allow yourself to arrive late or leave early from holiday events.
- ✓ Schedule time for your physical and mental health.
- ✓ Communicate your expectations.

REFLECT ON YOUR 2023

As 2023 draws to a close, it's common to turn our thoughts toward the holidays and the year ahead. December is a good time to take stock of the present and reflect on the past year.

Does it feel like the year went by fast or slow? Was it the year you thought it would be? Did you meet the goals you set in January — can you even remember them? Look back on your journey: the lessons you've learned, the challenges you've overcome, and how events unfolded compared to your expectations.

Here are a few self-reflection questions for the end of 2023:



What new discovery did you make this year?

What was your biggest pleasant surprise?

What achievement are you most proud of?

What was your favorite part of 2023 and why?

What are you glad you asked for help with this year?

What did you change your mind about this year?

FREE MENTAL HEALTH RESOURCES

If you are in need of mental health assistance this holiday season, or any time throughout the year, resources are available to you.

GUNDERSEN HEALTH SYSTEM® Employee Assistance Program (EAP)

Gundersen's Employee Assistance Program (EAP) offers professional, confidential assistance 24 hours a day to help Monroe County employees and their family members resolve personal issues or work situations before they become more serious. EAP offers up to 5 sessions per event (not per year) at no cost to employees and their family members.

<https://gundersenhealth.org/eap>

Call: (608)-775-4780 or (800)-327-9991 to schedule an appointment.

988 SUICIDE & CRISIS LIFELINE 24/7 CALL, TEXT, CHAT

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the 988 Lifeline network is available 24/7 across the United States.

The 988 Lifeline is available for everyone, is free, and confidential.

Call or Text 988 for support.
Chat online at 988lifeline.org.

WHAT'S HAPPENING THIS MONTH?

VIRTUAL LEARNING TABLE

Attend our monthly virtual "Learning Table" sessions to learn more about improving your health and well-being:

- **December:** Managing Stress During the Holiday Season with Laura Reutlinger from the Monroe County Health Department

Thursday December 14th at 8:15am or
Thursday December 28th at 3:30pm

- **January:** Diabetes Prevention
Tuesday January 9th at 8:30am.



Join our Zoom Meeting:

<https://bit.ly/3Hr1Ztn>

Meeting ID: 872 7191 0533

Passcode: 690755



COMING UP IN JANUARY:

- 2024 Virtual Learning Tables are moving to the 2nd Tuesday of each month at 8:30am-9:00am. Mark your calendars! Recordings of the presentations will be posted to the Employee Wellness page on the Personnel website.
- A new 2024 Wellness Activities Challenge Board will be available in January. Complete various challenges throughout the year to support your well-being and be eligible to win prizes.

Find our 2023 wellness resources at:

<https://www.co.monroe.wi.us/departments/personnel>