No bah humbug this year! We wish nothing but joy for you. That's why this month's edition has plenty of tips and advice to maintaining good health and a great mindset. Create YOUR positive environment and find ways to keep your stress in check.

To finish 2022 on a healthy note, our team shares their holiday survival tips. We hope to provide motivation to bring in the New Year with a healthy start.
WE ALL STRUGGLE TO KEEP A BALANCE IN DECEMBER

What our team is doing about it this year

Even as health and wellness professionals, we too struggle to stay healthy and balanced during the month of December. There is colder weather, end of year work deadlines and a ton of added pressure and temptation during the holidays for most of us.

So, this year we decided to encourage each other to keep a focus on our personal well-being. We also decided to share with you all what works to keep us in check during this busy time.

This month’s Top 5 includes some of what our team had to share. Be sure to get everyone’s full story on our social media pages: Facebook or Insta

SB TEAM’S TOP HOLIDAY TIPS

Babette Myers: Don’t Fall for FOMO. This time is filled with all sorts of seasonal goodies and treats. It is tempting to over indulge in some of these. It is really important to maintain healthy habits and a healthy relationship with food. Create your own healthy versions of your holiday favorites.

Judy Weiss: My survival tip is MODERATION. Enjoy the holiday foods but remember moderation in the foods you choose. I keep my healthy habits during the holidays but still enjoy the indulgent, festive dinners. What I do is surround those meals with healthy nutrient-dense meals.

Christian Schmitt: My helpful tip for the season is DECOMPRESSION. Sometimes I may find myself so busy, that I would forget to take time for myself. The things that I find bring me the most joy are working out, playing guitar, and spending time with Nyla bug. I am able to reset, which helps me tackle the rest of my day with confidence!

Susan Miller: Stay on track with EASE. Our schedules can get very hectic. Shopping, Parties, errands, family gatherings etc. Staying on track with wellness goals can be difficult. I start each day with a delicious Smoothie, easy and packed with good ingredients.
MAKING HOLIDAYS JOYFUL AND HEALTHY

The Holidays can bring so much joy and nostalgia. From family gatherings to gift giving with the ones you love; the holidays are indeed a wonderful time. With all this excitement we can also experience higher levels of stress. The weight of the holidays can have negative impacts on both mental and physical health. When all the extras of the season are not kept in check, it can result in weight gain, a decline in mental well-being, and more. We recognize the health challenges during the holidays, but want to encourage you to keep some balance.

Everything in life can be improved by finding greater balance. We can find our equilibrium in any situation by having a strong foundation. Make good health and well-being your foundation this holiday season.

Get our top five ways to keep your holiday season filled with more joy, less stress in the: FULL ARTICLE.
CREATING YOUR POSITIVE ENVIRONMENT

"Birds of a feather flock together"

Positivity is a contagious trait; unfortunately, so is negativity. As we embark on our holiday season, you may find yourself “stuck” or unmotivated. These feelings are completely normal to encounter during the holiday season. Staying positive and creating an environment that nurtures can help. Positivity is a cornerstone of strong mental health and stress-management. Surrounding yourself with like-minded people, who strive to bring positive energy into the world each day is a perfect place to start. Seek these key people in your world and find ways to learn from them.

"With positive energy you are much more likely to attract positive outcomes."

More ways to create your positive vibe mindset:

Find some consistency in becoming positive. Make a list of at least 10 things that boost your mood and do at least two of them each day. Take a walk, a hot bath, keep a gratitude journal, read something motivational, or watch something funny to name a few.

Spend 5-10 minutes each morning practicing self-affirmation or positive self-talk. No matter what, you are able to get through the challenges of life. Remind yourself of how tough, smart, and resilient you are.

Communicate your needs and your boundaries. Sometimes other’s negativity is tough to avoid. Don’t shy away from letting them know that you care but need some boundaries from negativity. Distance yourself from people that seem to be draining you more than filling your cup.

Avoid negativity when you are most vulnerable. If you’re most tired in the evening, don’t watch the news at that time. Schedule time with those that seem to drain you when you feel you can best keep your energy up.
WISHING YOU AND YOURS A BLESSED MONTH AHEAD

A Merry Christmas, Happy Hanukkah and a Happy New Year from our team to yours!

We are filled with gratitude for the busy year in wellness we have had. We enjoy the relationships with each of our clients, the individuals and the companies as a whole. We thank you for your trust in us and your continued support of our programs and services.

Our mission is not only to bring wellness to the workplace, but to help individuals live a healthy and happy life. That is our passion and our wish for you this year and the years ahead!

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"Life is a gift worth unwrapping everyday."