



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | November 2022

- Self-Care to Fight Off the Holiday Blues
- App Review | *Antistress Adult Coloring Book*

Self-Care to Fight off the Holiday Blues

‘Tis the season for giving thanks, being merry, and stressing out. A survey by the American Psychological Association reports that more than 30% of men and almost 45% of women experience stress during the holidays.

Seasonal sadness and stress, sometimes called the “[holiday blues](#),” can interrupt a calendar filled to the brim with family celebrations and holiday festivities.

Now is the perfect time to create a holiday self-care plan that puts you and your mental health front and center. Try implementing these four habits to [stave off the holiday blues](#).

Pay attention to your sleep patterns.

It is easy to miss out on shut-eye during November and December. Even a slight loss in sleep can increase your irritability and lead to fatigue. Try sticking to a regular sleep schedule so that you head to bed and wake up at the same time each day.

Take a “time out” for healthy eating.

Donuts, cookies, and popcorn, oh my! The work kitchen is a dessert landmine during the holidays. Instead of eating client gifts, try packing your lunch during the winter months—stock up on green salads, hearty soups, and hummus with vegetables. Healthy food is your fuel to make it through the holiday marathon.

Allow yourself to say “no.”

The fear of missing out ([FOMO](#)) entices many to say yes to every invitation that comes their way. But being overbooked may mean you could be out of commission for something that matters. Give yourself permission to decline events for the sole reason of needing a night to rest. Set reasonable expectations on your availability so you can be fully present for those events you do attend.

Acknowledge your feelings.

People experience holiday blues for a myriad of reasons. Some may be grieving a lost loved one or experiencing anguish over financial difficulties that limit their gift-giving abilities. Regardless of the reason, acknowledge your feelings. Try starting a daily journal to get your thoughts on paper. Reconnect with your counselor for a few sessions during the winter months. Pull out your art supplies and bring color to your emotions. This release will free up some space for you to enjoy the season.

Preparing a self-care plan to keep the holiday blues at bay will benefit you and may even rub off on those around you. This is holiday cheer worth sharing!

App Review: Antistress Adult Coloring Book

Reduce your tension and stress by enjoying an adult [virtual coloring book](#). Pick the photos and colors to paint using one-touch technology.

Google Play Store Average Rating

3.9 (1,100 reviews)

Pros

Described by many as fun, relaxing, and a great way to pass the time. Many enjoy the numerous color options and quality of the pictures available.

Cons

Some mention the overabundance of pop-up ads and that pictures take too long to load. Others mention the limited photo options without paying for the premium membership.

Is this app right for you?

You are looking to decrease your stress or anxiety with a soothing hobby. You are an art enthusiast who likes the idea of coloring without the mess of cleaning up.