



## 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 | December 2023

- Navigate Holiday Stress
- Book Review | *The Stress Prescription: Seven Days to More Joy and Ease*

## Navigate Holiday Stress

As the holiday season approaches, it's common to experience increased stress at work. Actively managing your increased stress levels is essential for maintaining well-being and staying productive at work during the holidays.

Here's a [practical guide](#) to assist you in navigating holiday stress within the workplace.

## Seek Flexibility

Acknowledge and express the challenges you may face during the holidays, such as increased workloads and deadline pressures. Advocate for flexibility from your team to create a supportive work environment.

## Collaborate

The combination of team PTO and year-end deadlines can add stress to the busy holiday season. Foster open communication within your team to prioritize collaboration and distribute tasks evenly to prevent anyone from feeling overwhelmed. Take a minute to celebrate project achievements and extend acts of kindness throughout the holiday season.



## Prioritize Self-Care

Make self-care a priority during the holiday hustle. Carve out time for activities that bring you joy and relaxation. Whether it's a workout, a walk outdoors, or simply taking scheduled breaks, these practices contribute to your mental well-being. Don't hesitate to disconnect from work daily to recharge and maintain a healthy work-life balance.

## Apply Practical Stress-Reduction Tips

Implement practical tips to minimize holiday stress. Plan for work commitments and social events, learn to say no when needed and create a realistic budget to manage finances. Support your well-being by adopting healthy eating habits, including watching your diet with mindful eating.

## Access Mental Health Support

Recognize the importance of mental health during the holiday season and take the time to [explore mindfulness](#) and meditation apps and online resources. If you're in therapy, prioritize your sessions during this busy season. Reach out for support from friends, family, or mental health professionals if needed, acknowledging that the holidays can bring unique challenges.

As you navigate the holiday season amid workplace demands, remember that prioritizing your well-being is a gift to yourself and is important in fostering a positive and productive work environment. As you actively engage in these strategies, you not only manage your holiday stress but also play a pivotal role in creating a workplace culture that values and supports the well-being of each team member. Doing so contributes to a healthier and more positive work experience, making the holiday season a time of joy and accomplishment.

## The Stress Prescription: Seven Days to More Joy and Ease

In her book, *The Stress Prescription*, Dr. Elissa Epel offers a transformative and practical guide to turning stress into strength in just seven days. The author shares science-based techniques and a seven-day plan to embrace and harness stress for a more positive and purposeful life.

## Highlights

### Practical Plan

Dr. Epel outlines an actionable seven-day prescription, providing a structured journey that addresses the dimensions of stress, making it relatable to diverse lifestyles.

## Mind-Body Connection

The book examines the intricate mind-body connection and offers a holistic approach to guide you to a beneficial stress response that enhances overall health.

## Flexibility and Resilience

With an emphasis on how to “stress better,” you can be empowered to develop a resilient mindset and turn stress into strength. This strategic mindset can offer a path to fill days with joy, connection, and ease.

## The Final Word

The Stress Prescription: Seven Days to More Joy and Ease can be a valuable resource if you are seeking a practical and science-backed approach to managing stress. The seven-day plan and insights into the mind-body connection set this book apart as a guide to surviving stress and harnessing it for personal growth, resilience, and a more fulfilling life.