

Wellness at Work



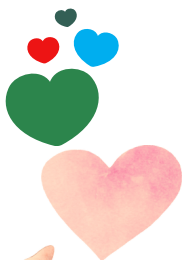
Explore different ways of celebrating the holidays by asking your coworkers about their traditions!

Did you know?



95 percent of employees report that mental wellbeing impacts their productivity. Prioritizing and supporting mental health is critical in the workplace.

Self Care Challenge



Perform a random act of kindness for someone this month.

Holidays and Grief

Grieving during the holiday season can be especially challenging as these times are often associated with joy, celebration, and togetherness. Holidays can be a painful reminder of the person who is gone. If you or someone you know is dealing with grief during the holidays, here are some suggestions that allow them to dose their grief:

- Communicate with family and friends about your needs and expectations during the holidays. Open and honest communication can help manage expectations and avoid misunderstandings.
- Consider creating new traditions or modifying existing ones to make them more comfortable. This could involve changing the location of celebrations or incorporating new activities.
- Find meaningful ways to remember and honor the person who is no longer there. It is helpful to talk about them and how they added beauty and richness to your life.
- Reach out to connect with friends, family, or support groups. Grieving is a process that can be made easier when shared with others who understand and offer support. Make a plan for if you feel yourself isolating.
- Handle yourself with patience and grace. Allow yourself permission to grieve. It's okay to feel a range of emotions, and there is no right or wrong way to grieve.
- Plan ahead for potentially difficult situations. Decide in advance how you will manage certain traditions or events and communicate these plans to people you trust.

Remember that everyone grieves differently, and it's important to be compassionate and understanding toward yourself and others during this challenging time. If you are supporting someone who is grieving, know that you do not have to have any answers and it is helpful to just listen to them. If you need additional support, please contact 988.


HAPPY HOLIDAYS

Spread Holiday Cheer

- Do some baking and deliver goodies to your family and neighbors.
- Participate in a holiday gift exchange for people in need.
- Donate your time at a local food shelter.
- Volunteer to wrap gifts for others in the community or your family.
- Host family and friends at your home to share stories and quality time.
- Sign up to spend time with people in a retirement community.