

# Happy Holidays

## ► Practice Gratitude to Reduce Stress

Stress has become an unwelcome companion for many people. Whether it's the demands of work, family responsibilities, or personal pressures, the effects of chronic stress can take a toll on our physical and mental health. Practicing stress management techniques is a proactive approach to identifying and mitigating sources of stress, helping us build resilience and cope effectively. Regularly practicing stress management techniques can improve physical health, enhance emotional well-being, and increase overall productivity.

One powerful stress management technique is practicing gratitude. Gratitude involves consciously acknowledging and appreciating the positive aspects of our lives, even during challenges. It redirects our attention from what's lacking in our lives to what we have in abundance. It enhances our resilience by helping us reframe challenges as opportunities for growth. It helps us strengthen social bonds and improve relationships. Finally, when practiced regularly, it can counteract the effects of stress and promote a sense of calm and well-being.

There are **three simple practices** that can be used to make gratitude part of your daily lives.



**Gratitude Journaling** – Take a few minutes each day to write down three things you are grateful for. This reflective exercise can help shift your focus on the positive aspects of your life.



**Expressing Thanks** – Make a point to intentionally express gratitude to others. A sincere thank you note or a simple acknowledgment can go a long way in cultivating positive connections.



**Mindful Appreciation** – Purposefully set aside time to appreciate your surroundings. Whether it's the warmth of sunlight or the beauty of nature, taking notice of these details can enhance your sense of gratitude.

Embracing gratitude as a daily practice is a valuable stress management technique. Incorporating stress management techniques into daily life is essential for maintaining both physical and mental health. It is a proactive and empowering approach that contributes to a more balanced, resilient, and fulfilling lifestyle.



## ► Health Insurance 101

As we embrace the holiday season, I reflect on the past year, which has allowed the Cooperative and me to connect with many of you. Looking ahead to the new year, we anticipate more chances to shake hands and engage in meaningful conversations about optimizing your well-being, resources, and participation in your health and health care.

I hope each of you has had a fantastic year and will be able to celebrate the holidays surrounded by friends and family. As the year concludes, I am grateful for the privilege of assisting you in navigating your health insurance. My gift to each of you is the assurance that I am here to address any questions or concerns you may have regarding your health insurance or health care.

I eagerly anticipate speaking personally with as many of you as possible in the coming year. Please know that every member is vital to the Cooperative, and we sincerely appreciate our relationships with each of you.

Happy Holidays from Group Health Cooperative of Eau Claire.

## UPCOMING EVENTS

### Fitness in a Flash

3-5 minute live-virtual exercise sessions focusing on exercises to improve strength, aerobic fitness, and flexibility. Sessions are offered Monday – Friday at various times.

### Mindful Monday

3-5 minute live virtual sessions featuring stress management techniques such as deep breathing, mindfulness, guided imagery, and practicing gratitude. The sessions are held every Monday afternoon at 1:30pm.

### Food in a Flash

5 minute live-virtual sessions highlighting a healthy food option and its impressive health benefits and sharing different ways to easily incorporate it into your diet. The sessions are held every Wednesday afternoon at 2:00pm.

Contact Kayla Rose, Health Promotion Manager at [krose@group-health.com](mailto:krose@group-health.com) for more information about these opportunities.

## CONNECT WITH US.

Visit [group-health.com](http://group-health.com) or give us a call at 715.552.4300 or 888.203.7770.

