



HR Highlights November 2020

Keeping Things in Perspective During The Holidays

The holiday season that stretches from November into January can be a joyful yet stressful time, especially with the added complexity of 2020's challenges. Seek out a positive starting point to make the best of what we have to work with this season.

While health officials discourage large family gatherings and some states may limit out of state visitors, consider these adjustments as opportunities to find new ways to make meaningful connections. Perhaps leveraging technology to see those who live farther away. Supporting a local small business and shipping Aunt Sue her favorite cupcakes from your hometown. Starting a puzzle challenge with friends/family and then using video chat to show your works in progress. Using extra time to volunteer with your favorite Commonwealth of Virginia Campaign (CVC) charity - <https://www.cvcgives.org/>. The possibilities are almost endless.

No matter how you choose to celebrate this holiday season, there are tips that never go out of style:

- Eat healthfully – get those fruits, vegetables, lean proteins, quality fats and high fiber foods in before the endless supply of other treats that may be all around you.
- Sleep – adults should strive for 7-8 hours and kids need more. Go to the **Better Nights Ahead** page for more information - <http://www.commonhealth.virginia.gov/programs.htm>
- Be active – take advantage of good weather to get outside in the fresh air. Join the **Walk into the New Year** challenge <https://survey.alchemer.com/s3/5993176/Walk-Into-The-New-Year-Challenge>
- Relax – do what works for you - try a yoga class or use a meditation app, get a massage, hit some golf balls, read a book, etc. (for more tips, go to <http://www.commonhealth.virginia.gov/relearntorelax.htm>)

A key take home message for dealing with stress is to choose to spend your time and energy on the things you can control, instead of trying to change the things you cannot control. When you cannot control what is going on around you, remember, you can control your reaction to it. Be patient and kind with yourself just like you would be with a friend. For more tips and ideas, reach out to the CommonHealth Wellness Consultants at wellness@dhrm.virginia.gov.