




Questions or Comments? Contact us:  
PEHP Wellness • 801-366-7300 or 855-366-7300  
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## FEATURE

### December Focus: Stress Management

**Know. Plan. Act.** – A PEHP Wellness Initiative emphasizing the importance of having regular health screenings, knowing your results, and implementing a plan of action to better manage your health. Start now by practicing stress management.

Decreasing stress can help you sleep more soundly, ease muscle tension, decrease headaches, and uplift your mood. Register for our December webinar series, “Stress Less Tuesdays,” and tune in for 10-minutes of weekly relaxation. Sign up [here](#). 

We hope that you enjoy this edition offering stress management tips and resources. PEHP Wellness wishes you the best of health this holiday season.

– Your PEHP Wellness Team



#### TALKING STRESS MANAGEMENT

“Stress management begins with sleep. Sleep is an essential start to the next day.” – Dr. Nick Hall


## PEHP HEALTHYUTAH WEBINAR


### Stress Less Tuesdays

**What:** Take 10 minutes each Tuesday to give yourself the gift of relaxation this holiday season!

**When:** Tune in anytime every Tuesday during December.

**Presenters:** PEHP Waist Aweigh coaching staff

Register [here](#).   
Click on the registration link weekly for a new recording every Tuesday.

**Remember:** All webinars are archived for future viewing – visit our archive section [here](#). 

#### CLICK TO NAVIGATE

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## MOVE IT

By Melissa Miller

### Movement Eases Holiday Stress

**T**he holiday season is in full swing, and finding time for exercise can be challenging between parties, family activities, and shopping trips. With little time left over from these commitments we may feel stressed and overwhelmed. When do we dedicate time to physical activity?

Get creative this month to stay active *and* manage stress. While holiday parties may focus on food, suggest that everyone participates in an activity as well. Play a game of football or take a long walk rather than sit around the couch after eating.

Another tip: Pick up the pace during holiday shopping trips and you've exercised more without even realizing it! Remember that exercise boosts 'feel-good' endorphins and provides energy.

Take every opportunity for movement and change an otherwise sedentary time of year.

Find more ideas [here](#). 



## WORKOUT WARRIOR


### 157 PARTICIPANTS IN OCTOBER

The theme of the October Workout Warrior was **Train Your Brain** – 157



Workout Warriors participated. Suzette A. was the random winner of an Amazon gift card.

Congratulations Suzette!

The theme for December is **Healthy Holidays**. Learn more about Workout Warrior and how to participate [here](#). 

Keep moving!

### TALKING STRESS MANAGEMENT



"The majority of people who are easily stressed are the ones who think too much about the problems instead of solutions. Always focus on solutions."

– Subodh Gupta

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## FOOD FOR THOUGHT

By Maria Givler

### Stress Management During the Holidays

Parties, shopping, and travel plans quickly fill our holiday calendars. When we are busy, exercise, sleep, and a nutritious diet may take a back seat.

Maintain quality self-care to stay happy *and* healthy this holiday season. Enjoy these resources:

» **Commit to eating five servings of vegetables and fruit every day.** When you fill up on these nutrient-dense, low-calorie foods, you can better balance rich holiday dishes.

» **Break up your exercise.** If a half hour or an hour workout seems like an impossible task, aim for three to six 10-minute segments of activity.



#### RESOURCES

Check out these links:

[25 Easy Ways to Fit in 10 Minutes of Exercise](#)

[How to Increase Your Veggie Intake](#)

[Have Your Diet and Eat Cake Too](#)

» **Sleep.** Seven to eight hours are what most people need. Daily stressors are much more manageable with enough rest.

## SIMPLIFY YOUR LIFE

By Tiffany Anderson

### De-Stress Holiday Giving

A [2013 survey](#) found that 44% of U.S. adults feel a high level of financial related stress. This feeling intensifies as we anticipate the holidays. [Simplify](#) purchases and stretch your holiday budget with these money saving ideas:

- » **Shop secondhand stores:** Practical items, collectibles, and stylish clothes can be found in thrift shops.
- » **Wrap creatively:** The comic section of the newspaper is simple and colorful, or use bubble wrap – fun for kids

of all ages.

- » **Re-Use:** Craigslist and other online resources offer a 'free' section – consider sprucing up and re-gifting a usable items.
- » **Time:** Spending time with family and friends is the greatest gift of all. Reflect on a season of gratitude rather than obligation.
- » **Barter:** Skills in sewing, mechanics, carpentry, or barbering are valuable services that can be traded or offered as gifts.



#### TALKING STRESS MANAGEMENT

"Unwind with a mistletoe moment: physical affection helps us reduce stress. Simply touching hands, hugging your child, or petting an animal can soothe us when stressed."

– Dr. Kory Floyd

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## PEHP WAIST AWEIGH

### Consistency with Small Steps Better than Big Change

PEHP Waist Aweigh Member  
John C. loses 52 pounds!

After watching the scale inch higher, and gaining “sympathy weight” when my wife was pregnant, I knew I had to do something.

Making the effort to record everything I ate showed how many calories I actually consumed. I began to make changes, and slowly my weight dropped.

After losing 20 pounds, I started exercising. As a guy who didn’t like exercise, I was exhausted after 15-20 minutes but kept going. Then my wife and I decided to run a 5K – something I had feared.

I started slowly, running for 30 second intervals. The first time I ran three minutes straight I thought I would die!



**BEFORE**



**AFTER**

Gradually, I worked up to a 5K, then a 10K and recently ran my first half marathon, something I never thought I could do. What worked for me was

not, “How big of change can I do?” but rather, “How consistent can I be with a small change?” Read John’s full success story [here](#).

### PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

LEARN MORE/  
ENROLL  
**HERE**

### TALKING STRESS MANAGEMENT



“There is more to life than increasing its speed.”

—Mahatma Gandhi

### CLICK TO NAVIGATE



## MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

**CLICK HERE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>2</b>  HU TESTING SESSION <u>Ogden</u> : 9-12:15/1:30-4:15	<b>3</b> December Workout Warrior Registration closes  HU TESTING SESSION <u>Provo</u> : 9-12:15/1:30-4:15	<b>4</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>5</b>	<b>6</b>
<b>7</b> Health Tool of the Week: <u>Reduce Stress and Strengthen Immune System</u>	<b>8</b>  HU TESTING SESSION <u>Draper</u> : 8:30-12:15/1:30-4:15 <u>Am Fork</u> : 9-12:15/1:30-4:15	<b>9</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>10</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>11</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>12</b>	<b>13</b>
<b>14</b> Health Tool of the Week: <u>Winter Wellness Recipes</u>	<b>15</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>16</b> <u>Chanukah</u> Begins at Sundown	<b>17</b>  HU TESTING SESSION <u>SLC</u> : 8:30-1:15	<b>18</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>19</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>20</b>
<b>21</b> First Day of Winter Health Tool of the Week: <u>Managing Holiday Stress</u>	<b>22</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>23</b>  HU TESTING SESSION <u>SLC</u> : 8:30-12:15/1:30-4:15	<b>24</b>	<b>25</b> <u>Christmas</u> PEHP Offices Closed	<b>26</b> <u>Kwanzaa</u> Begins	<b>27</b>
<b>28</b> Health Tool of the Week: <u>10 Cool Ways to Beat Winter Blues</u>	<b>29</b>	<b>30</b>	<b>31</b> January Workout Warrior Registration opens  New Year's Eve			

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