# LIIVEWELL

*Updates*

## The Gift of Well-Being

Mental health and the holidays go hand in hand. Not surprisingly, pandemic isolation and other factors like loneliness, grief, shorter days and less sunlight, and the holidays in general can create a huge burden on individuals' mental health. An estimated 64% of those with mental illness feel their conditions worsen during this time of year. Give yourself the gift of well-being with these tips to take care of mind, body and spirit!

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**MENTAL HEALTH + THE HOLIDAYS**

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# Food and mood



The arrival of winter can also mean the arrival of the "winter blues." According to the American Psychological Association (APA), seasonal affective disorder (SAD) is a type of depression that affects many people and lasts for a season. It's experienced most often during the winter months. A mental health professional can help you identify and manage these winter blues, but what else can help?

The APA recommends **a few tips, including staying active, spending time with family and friends, and getting as much daylight as possible. Healthy eating is on this list as well.**

# Healthier holiday recipes



**Click the image for recipes.**

# Reduce Holiday Stress At Work and Home With These 21 Tips

This time of year tends to be the busiest time in workplaces, in addition to personal and holiday stress. Luckily, with some tweaks to time management and stress management techniques, this holiday season can be approached with a stress-free attitude.
Check out these tips and tricks to keep calm and healthy, including working as a team, creating detailed to-do lists, meal planning, taking mental health days, and more.

**Click here for 21 stress reduction tips for this time of year at work**

Are you worried about money during the holidays?

Lack of money is one of the biggest holiday stressors. This can be really hard during COVID-19. You may not be able to avoid stressful situations during the holidays. But you can set financial limits and plan to respond to problems in a healthy way.

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