

# The Wellness Exchange



A Publication of  
**BUSINESS HEALTH SERVICES<sup>SM</sup>**  
*Solutions for a Healthier Workplace<sup>SM</sup>*

For more information call 1-800-765-3277 or visit [www.bhsonline.com](http://www.bhsonline.com)

## Recovering from Holiday Stress

The holidays are a time of joy and celebration. However, with the increased demands of shopping, parties, and family reunions, many of us experience tension and stress. It is common to experience stress during and after the holiday season. It is also important to recognize your stress and take action to reduce your anxiety.

### Common Stress Reactions

Post holiday stress can affect both men and women, young and old. Common stress reactions during and after the holidays include:

- Headaches.
- Excessive drinking.
- Over-eating or not eating enough.
- Difficulty sleeping.
- Fatigue.
- Sadness and irritability.



### Get Back on Track At Work

If coming back to work leaves you feeling disinterested with your work routine, remember it is normal to feel a bit down after the holidays. Develop creative activities, goals, and interests for the New Year. Update your resume to see in writing the goals that you have accomplished.

It is important to plan some time to think and prepare a focused task sheet, as work tends to pile up while you are away. Keep interruptions to a minimum. Taking a lunch break regularly, a walk outside, or just taking a break from your work area will rejuvenate your mind and energy level.

### Fresh and New

Find new ways to enjoy life and see how you become more productive at work, home and play. Take action steps towards making changes and soon you will see the positive effects both personally and professionally.



This is a good time to start or work on your New Year's resolutions. Think about what is causing your stress and how your behaviors have changed. It might be helpful to keep a journal to organize your thoughts.

### Coping Strategies

- Acknowledge your feelings.
- Seek support from friends and family.
- Be realistic.
- Learn to say no.
- Don't abandon healthy habits.
- Exercise.
- Take a breather.
- Rethink resolutions.
- Forget about perfection.
- Seek professional help if you need it.

Remember, only you have control over your holidays. Reevaluate your priorities and set some new goals. Getting back into positive habits after the holidays can be difficult. Therefore, it is important to create and adhere to a plan that will keep your motivation in place.



**Business Health Services is a free and confidential program provided by your employer for you and your family members. BHS can help resolve personal and professional problems.**

**For additional information call BHS today.**

# Heart Healthy Relationships

Relationships are a vital part of our lives at any age. Good relationships are essential to our happiness and emotional health. However, it is not always easy to keep friendships, love and family connections strong.



## Relationships and Stress

Relationships can lead to stress, which affects our physical and psychological health. According to the American Psychological Association, “stress causes more than half of Americans (54 percent) to fight with people close to them. One in four people report that they have been alienated from a friend or family member because of stress, with 8 percent connecting stress to divorce or separation.”



## Friendship

Friendship is good for your health and mental well being. Developing strong connections with friends can enrich your life, increase your self-esteem, and promote a greater sense of belonging. Overall, friends help protect our health.

Friends celebrate with you during good times, and cry with you during the bad times. Therefore, it is important to maintain strong friendships. Let your friends know you care about them. This will help strengthen your relationship.

For more information on how to maintain healthy friendships, please visit [www.mayoclinic.com](http://www.mayoclinic.com).

## Tips for a Healthy Marriage

- Create your own identity that is separate from the family you grew up in.
- Build togetherness and intimacy with your partner, but also establish boundaries to maintain each other’s autonomy.
- Confront and accept the many unavoidable crises of life and adversity. A marriage should be a safe place and a refuge for both partners.
- Use humor and laugh.
- Offer comfort, support and encouragement.

## Positive Effects

People who share healthy relationships, especially among significant others and their family members, are well balanced and positive in their outlook towards life. This healthy outlook relates itself positively into other aspects of their life, thus generally providing healthier results. Healthy relationships improve one’s health and longevity.

Relationships can create a valuable arena for personal growth and healing. We can learn a lot about ourselves through the relationships we have with others. It is important to understand the positive components of our health that are related to our significant relationships.

## Communication

Communication is essential for any healthy relationship to be maintained. Poor or no communication within our significant relationships creates tension and stress. There are many things you can do to improve communicate:

- Listen more and talk less.
- Be attentive and make eye contact.
- Say what you mean, and speak the truth.



## What to Know More?

For more information on healthy relationships, please visit: [www.apa.org](http://www.apa.org)

**Master’s Level Clinicians  
are available 24 hours a day,  
7 days a week.**

**Call us today!**

**1-800-765-3277**