

WORKING ON WELLNESS

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

CREATE A HEALTHY HOLIDAY WORKPLACE

The holiday season is kicking off, and with it comes a marathon of office parties, potlucks, and gift exchanges. Employers are in a unique position to offer solutions to promote the health and safety of their employees. The use of effective workplace health programs and policies can reduce health risks and improve the quality of life. With employees in America spending more than one-third of their day on the job, your workplace health program can make a difference this holiday season. Think of it as a gift that keeps on giving year-round. Help employees enjoy the holidays with their coworkers and help them overcome the following.



- ❑ **TEMPTATION LURKING AROUND EVERY CORNER** – During the holidays, it seems more sweets and homemade treats pop up in the break room, on countertops, and in coworkers' offices than during the rest of the year. *Offer healthy food and drink choices.* If you have an office potluck or party, offer low-calorie, low-sugar options like fruit and sparkling water for everyone to enjoy. Small changes can make a difference.
- ❑ **STRESS MOUNTING BY THE MINUTE** – Employees can feel overwhelmed and have a hard time remembering why this season is supposed to be fun. *Several ways to beat workplace stress include:*
 - Maintaining or building relationships by reaching out to coworkers, family, and friends for support.
 - Continuing to be physically active and eat healthy to maintain strength.
 - Drinking in moderation, if you choose to drink alcohol.
 - Getting enough sleep.
 - Managing time and tasks to avoid making too many commitments or feeling overwhelmed.
- ❑ **BUSY CALENDAR LEAVING NO TIME FOR PHYSICAL ACTIVITY** – employees may believe they barely have time to cram in all the holiday planning and celebrations, causing them to skip workouts. Consider suggesting ways to increase opportunities for healthy behaviors such as eating healthy foods and getting physical activity. *Help employees keep on track with physical activity such as:*
 - If you have an onsite gym, consider keeping the gym open longer during the holidays or adding extra classes, from kickboxing to yoga. Physical activity can help employees feel better physically and mentally when faced with holiday season challenges.
 - No gym? You can still encourage employees to take a healthy break by providing organized walks outside the workplace if possible. They can invite buddies to join them and enjoy some social time, too.

Source: www.cdc.gov



YOUR HEALTH IS A GIFT. BE PROACTIVE AND MAINTAIN IT!

Our advice to anyone or any worksite interested in making changes to create a healthier worksite environment, don't give up! Change is hard and people don't always like to share their struggles or successes with you. If you impact even one person, then the project was worth it.

“Your health is a gift that most people take for granted. Be proactive in maintaining a healthy lifestyle. It is much easier to make little steps along the way rather than needing to make drastic changes after a health scare or crisis.” ~ Vickie Venhuizen, Boys & Girls Club of the SE, Grants Manager

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