

# WORKING ON WELLNESS

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

DECEMBER 2019

Issue 28

## Make it a Stress Free Holiday!

For some, the holiday season is all about joy, giving to others, family, and good food. For others, it can be a stressful, torturous venture into the depths of family dysfunction, overeating, and high credit card debt. With the pressures and expectations of home decorating, cooking, and holiday parties along with the navigation of the overcrowded malls and parking lots, tis the season for stress, emotional eating, and chronic fatigue. A good nights rest, eating healthy, exercising, setting a budget and saying no are a few **TIPS** to making this time of year as healthy and stress free as possible.

## Keep it Simple for the Holidays!

Holiday Vegetable Trays are a great idea to bring to a Christmas potluck or get-together. They're easy to make and everyone seems to find at least one thing on the tray that they enjoy.

### \* **Ingredients**

Any Vegetable you Like!  
Any Dressing you Like!

### \* **Instructions**

Arrange on a Holiday tray with dressing and enjoy!

## Knock Out The Flu

1. GET VACCINATED
2. TAKE PREVENTIVE STEPS
3. GET TREATMENT

## Four Trends = Budgeting More

Managing day-to-day finances involves budgeting and reducing debt levels. It's responsible to establish a mindset and discipline that will last a lifetime.

Today's society has **FOUR TRENDS** that are making budgeting increasingly important. We as employers are to help employees overcome these budgeting challenges and achieve financial wellness. These four trends, *Social Media*, *Cashless Society*, *Shift in Employment*, and *Outsized Expenses* challenge individuals to stretch a given level of income to cover increasing demands, making budgeting increasingly important today.

Consider offering the following to help employees proactively make informed decisions to manage their finances:

1. Onsite or digital financial wellness education and counseling
2. Budgeting tools
3. Financial wellness self-assessment
4. Financial solutions