

# WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

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## TIPS FOR A JOYOUS AND HEALTHY HOLIDAY SEASON

### LIVE HEALTHIER AND HAPPIER THIS HOLIDAY SEASON

This holiday season, instead of getting swept away by all the hustle and bustle, take the time to boost your well-being now and into the new year. Here are a few tips from HMSA.

#### **Maintain, don't gain**

Increased calorie consumption over the holidays often begins as early as Halloween. Without the right tools, the holidays can affect your waistline and well-being. This holiday season, instead of setting an ambitious weight goal, focus on maintaining your weight instead. Eat slowly, drink water before and during your meal, and stop when you're about 80 percent full.

#### **Slow down, unwind, and de-stress**

The holidays offer a time to slow down and notice the simple things in life that give us joy – a beautiful sunset, a day at the park, or the laugh of a loved one. Take a moment to create a peaceful sanctuary by cutting back on the noise and commotion of everyday life. Shut down the computer, put away the cell phone, and spend time with family and friends.

For more tips on staying healthy this holiday season, visit [Islandscene.com](http://Islandscene.com)

### THREE HABITS TO HELP YOU FEEL YOUR BEST DURING THE HOLIDAYS

If the holidays leave you feeling overwhelmed and out of control, you're not alone! Practicing self-care can boost your mood and help you enjoy life more. Here are several things you can do to stay healthy throughout the busy holiday season.

#### **Take up meditation**

Focus on your breath and be present in the moment. A few minutes of quiet meditation can help clear your thoughts, calm your senses, and recharge your energy.

#### **Sleep well**

Limit bedtime distractions if you have trouble sleeping — you can't leave the day's stresses at the door if you're checking email, texting, or browsing online.

#### **Social network face-to-face**

Calls, texts, and social networks are great for staying in touch, but quality time together is what really helps people — and relationships — thrive.

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<https://eutf.hawaii.gov/health-and-wellness>

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