



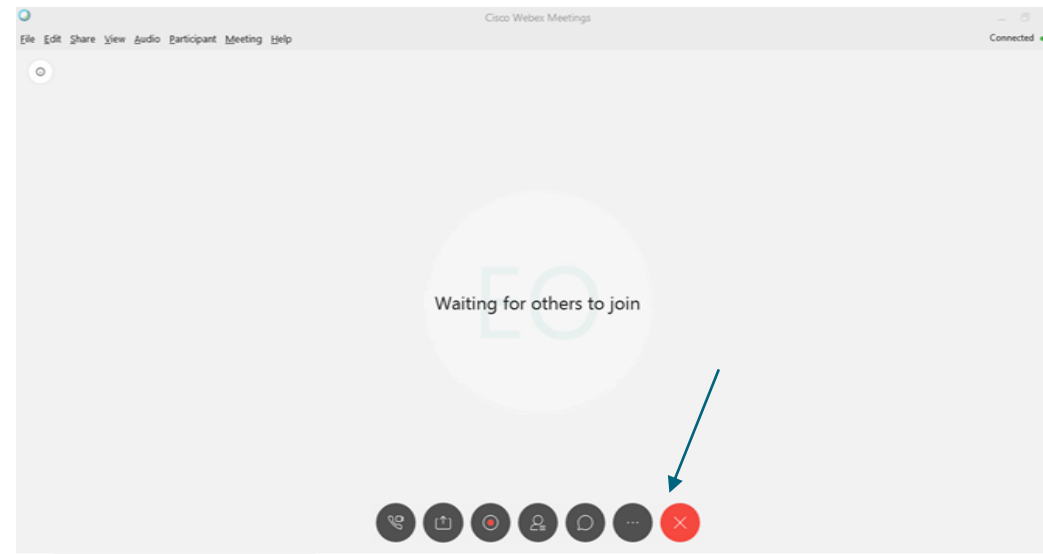
# Holiday Survival Tips

## Wellness Workshop

Taught by the Harris Health Employee  
Wellness Team

# Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for workshops/Healthy Knowledge Seminars you have already completed.





# Learning Objectives

- Maintaining Weight
- Managing Stress and Depression
- Putting it all in Perspective



# Maintaining Weight

- Control Portions
- Keep Moving
- Weigh In Regularly
- Eat plenty of Lean Protein
- Have a Healthy Breakfast

# Maintaining Weight

- Put in on a Plate
- If you don't love it, don't eat it
- Enjoy a soup or salad before going to a party
- Satisfy cravings with a few bites
- Savor every bite





# Managing Stress & Depression

- Acknowledge your feelings
- Reach out
- Be realistic
- Set aside differences
- Stick to a budget

# Managing Stress & Depression

- Plan Ahead
- Learn to say no
- Don't abandon healthy habits
- Take a breather
- Seek professional help if you need it



# Feeling Grateful....

Keeping Sight of  
What's Important....

# Putting it all in Perspective

- Keep it Simple – *There's beauty to be found in it*
- Keep your spirits up – *Recognize mixed feelings and find ways to gain perspective*
- Look to the peace within – *Focus more on worship, prayer and reflection*

# Putting it all in Perspective

- Be willing to share your heart – *The most important gifts we can give are love, compassion and understanding*
- Schedule time for yourself – *When you're good to yourself, you have energy to serve others*
- Don't expect perfection – *Be realistic with your expectations*

Our perception of reality is malleable. Everything is always shifting. We may not have the power to change an event, but we do have the power to change our perspective.

*Stephanee Killen*

# Resources

## Stress Management, Depression and Counseling Services

- Employee Assistance Program
  - Online: [www.feieap.com](http://www.feieap.com),
  - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
  - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at **800.274.7603**.
  - Go to **Cignabehavioral.com** for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
    - Office: 713-873-6407
    - Email: [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)

Contact Us!

# HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

[employeehealth@harrishealth.org](mailto:employeehealth@harrishealth.org)

[Visit our website!](http://employeehealth.harrishealth.org)



#1 in Texas



#6 in America

