



Women in Cable
Telecommunications™
Greater Pittsburgh

WICT Wellness Newsletter

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Healthy
Creating Leaders. Together.

Winter 2020

Managing Stress During the Holidays

Welcome to the holiday season – that period of time that starts soon after Halloween and continues to gain momentum through the end of the year. It includes Thanksgiving, Christmas, Hanukkah and Kwanzaa. And although it may look a little different during this year's pandemic, it's a whirlwind of gift-giving, holiday parties, and activities galore.

While this season is meant to bring feelings of love and cheer, it's also the start of holiday stress for many. Too many activities, even if they are fun activities, can culminate in too much holiday stress – leaving us feeling frazzled, rather than fulfilled.

The great thing about holiday stress is that it's predictable. Unlike many other types of negative stress we encounter in life, we know when holiday stress will begin and end. Best of all, we can make plans to reduce the amount of stress we experience. Here are some tips you can try to help reduce holiday stress before it begins so that it remains at a positive level, rather than an overwhelming one.



- 1. Change Your Expectations for Togetherness** – This year is like no other. Not only are we in the midst of a pandemic — severely limiting our ability to gather, but COVID-19 infections continue to grow and the flu season is soon to take off. If you do meet, limit the size of your gathering and encourage all in attendance to practice safety precautions.
- 2. Set Your Priorities** – Before you get overwhelmed by too many activities, it's important to decide what traditions offer the most positive impact.
- 3. Take Shortcuts** – If you can't fathom the idea of skipping out on sending cards, baking or doing all of the stuff that usually runs you ragged, think about doing it on a smaller scale.
- 4. Be Smart with Holiday Eating** – We want to look and feel great during the holidays, but there is so much temptation with delicious food and desserts. Plan ahead. Eat as healthy as possible and don't overeat. [Click here](#) for *12 Tips to Holiday Eating*
- 5. Set a Schedule** – Putting your plans on paper can show you how realistic they are. This way, you can see if you are trying to pack too much into one day or one week. Then, eliminate the less important activities to prevent that overwhelming feeling.
- 6. Breathe** – Sounds like a no-brainer, but we forget to take deep breaths and really give our bodies the oxygen they need. Try meditation. [Click here](#) for *5 Minute Stress Relief Strategies*

The Top 5 Year's Resolutions

New Year's Eve has always been a time to reflect on the past, but more importantly, to plan for the future. Resolutions are a trendy thing to make come January 1. They can be anything from meal prepping more to volunteering, but there are a few that are more popular than others. According to an Inc. study of 2,000 people, these are the 5 most common resolutions:

- 1. Eat Healthier** – The number one resolution of any year is always to eat healthier. This is also one of the most broken resolutions. A lot of people dive head-first into dieting gimmicks in early January, then lack control later. *The key to making this resolution stick is to start small and only change one behavior at a time.*
- 2. Exercise More** – Just like eating healthier, exercising more is a common resolution. This one too is frequently broken as people struggle to prioritize fitness against work, family and everyday life. *The key to making this resolution stick is to outline your fitness plan day-by-day, stick to it and get it done.*
- 3. Save Money, Spend Less** – After all the holiday spending, many Americans are eager to get on top of their finances in the new year. Some want to get out of debt while others are more focused on bulking up their savings accounts. About a 2/3 of Americans make this their goal. *The key to making this resolution stick is to be specific, set a budget, let go of unhealthy spending habits, track your spending, and use cash whenever you can.*
- 4. Learn Something New** – Sometimes New Year's resolutions are about losing things: extra weight, debt, or emotional baggage. Sometimes, on the other hand, they're about gaining something, like a new skill or hobby. If you've always wanted to learn a new language, acquire a new skill, pick up a new hobby or craft, now is the time. *The key to completing this resolution is to find someone with that interest and plan to meet up with them on a regular basis.*
- 5. Quit Smoking** – Many resolutions are focused on letting go of nasty habits, like eating junk food and smoking. As the Centers for Disease Control and Prevention has said, "it's never too early to quit." There are plenty of tools to help you through it, too. Be sure to consult with your physician on the safest way for you to quit smoking. On average, smokers try about 4X before they quit for good. *The key to kicking this habit is to keep trying. Don't let a failed attempt discourage you.*



Happy
Holidays



Wishing all our members and
their family a wonderful holiday
season and Happy New Year!



WICT
Wellness
Wednesday
Wake-Up

First Wednesday
of every month
8:15 AM – 8:45 AM
Topic Discussion
varies monthly!