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DEADLINE APPROACHING: COMPLETE UP TO 4 WELL-BEING ACTIVITIES

DECEMBER 31ST DEADLINE

There's still time to earn Wellness Your Way incentives this year! Eligible employees and their enrolled spouses/domestic partners can earn up to \$200 for Well-Being Activities, \$200 for a Biometric Screening, and up to \$50/month toward your gym membership. Be sure to register at [fccThriveOn.com](https://www.fccThriveOn.com) to participate. Some activities still available include:

- Complete an Enrich assessment and course
- Complete up to two of the on-demand workshops below:
 - [The Mind, Body & Breath Connection](#)
 - [Beating Burnout](#)
 - [Blue Zone](#)
 - [Intuitive Eating](#)

For a full list of incentives available through December 31, 2024, see the 2024 Incentive Guide or log into your account at [fccThriveOn.com](https://www.fccThriveOn.com).



REFLECTING ON YOUR MENTAL HEALTH JOURNEY

A YEAR-ROUND PRACTICE

As the year winds down, many of us turn to reflection, contemplating our achievements, challenges, and personal growth. While the start of a new year often inspires resolutions and goal setting, it's important to remember that self-reflection isn't limited to the end of the year. Personal growth and self-examination can happen at any time of the year—and you don't have to wait for a specific milestone to acknowledge your progress or set new goals.

WHAT IS SELF-REFLECTION?

Self-reflection means taking time to look inward and explore your thoughts, feelings, actions, and experiences. It involves stepping back from daily routines to focus on yourself and build self-awareness. This simple but intentional practice is a powerful way to support mental health, encourage personal growth, and improve emotional well-being. Self-reflection helps you understand yourself and how you respond to life's challenges.

THE POWER OF REFLECTION

Reflection offers a chance to celebrate your progress, understand patterns in your mental health, and identify strategies for continued growth. For example, reflecting on your experiences with anxiety could help you recognize what triggers it, what eases it, and how you can better support yourself in the future.

Self-reflection isn't about criticizing your past choices—it's about learning from them. Being kind to yourself is key. When you practice self-compassion, you create a safe space to navigate the challenges of growth and healing.

How to Begin

There are many ways to engage in self-reflection, including:

- **Journaling:** Write about your thoughts and feelings, focusing on your progress or challenges.
- **Meditation:** Use mindfulness practices to observe your inner world without judgment.
- **Deep Thinking:** Dedicate quiet time to ponder specific questions about your well-being.
- **Seeking Feedback:** Talk with trusted friends, family, or professionals to gain outside perspectives.

To stay focused, set an intention for your reflection. For example, if you're journaling, you might choose to explore how you've managed stress over the past few months. Ask yourself questions like:

- What strategies worked?
- What made things harder?
- How did I show up for myself during tough times?

This approach allows you to identify patterns, celebrate small wins, and envision constructive changes for the future. If you're unsure where to start, try these prompts to guide your self-reflection:

- What were the most important moments or milestones in my mental health journey this year?
- How did I overcome difficulties, and what insights did these challenges bring?
- What patterns or triggers affected my mental well-being, and how can I address them moving forward?
- How did I prioritize self-care, and how can I continue these practices?

MAKE REFLECTION A YEAR-ROUND HABIT

While the end of the year provides a natural opportunity for reflection, you don't need to wait for New Year's to acknowledge your growth or set intentions. Self-reflection is a tool you can use anytime to deepen your understanding of yourself, celebrate progress, and create a healthier path forward.

By embracing this practice regularly, you'll find that growth and healing aren't limited to specific dates—they're ongoing journeys that can bring fulfillment and resilience at any moment.

For mental health support and tips check out the benefits offered through ThriveOn, including access to the [Calm](#) app and [TalkSpace](#).

EXPLORE EMOTIONAL WELLBEING SOLUTIONS



CREATING HEALTHY HOLIDAY TRADITIONS AS A FAMILY

ACTIVITIES THAT PROMOTE PHYSICAL AND EMOTIONAL WELL-BEING

Traditions are an important part of family life. They bring individuals together, create joy, and build a sense of belonging. The holiday season provides the perfect backdrop for creating new traditions that bring families closer together while promoting physical, emotional, and mental well-being. From active outings to mindful relaxation, starting healthy traditions can help ease holiday stress, build lasting memories, and keep the season special for everyone.

ACTIVE HOLIDAY TRADITIONS FOR THE WHOLE FAMILY

Incorporating physical activity into your holiday celebrations is a fantastic way to stay healthy and create lasting memories. Here are some ideas:

- **Outdoor Adventures:** Bundle up and head out for a family hike, or even a sledding or tubing trip. These activities offer fresh air, exercise, and fun for all ages.
- **Holiday Fun Runs:** Participate in a local holiday-themed fun run or family fitness event for a shared goal and great exercise.
- **Evening Walks:** Take a family night hike to admire holiday lights while enjoying the crisp winter air.

CREATING HEALTHY TREATS TOGETHER

Holiday treats are part of the season's magic, but they don't have to be loaded with sugar. Get creative in the kitchen with healthier alternatives:

- Bake cookies using whole-grain flour or reduced sugar.
- Incorporate fruits into desserts, like festive fruit skewers or yogurt parfaits.
- Involve kids in meal preparation to teach them about balanced eating while sharing quality time together.

BUILDING EMOTIONAL AND MENTAL WELLNESS TRADITIONS

The holiday season can sometimes feel overwhelming, but traditions that nurture emotional health can bring calm and positivity:

- **Relaxation Routines:** Dedicate time for family mindfulness activities, such as yoga, meditation, or holiday-themed crafts.
- **Gratitude Practices:** Start a family gratitude journal or holiday memory book to reflect on the positive moments each year.
- **Screen-Free Days:** Set aside a day for unplugged family fun, such as playing board games, decorating together, or storytelling.

TEACHING KINDNESS AND COMPASSION

Incorporate acts of service into your holiday traditions to foster kindness and empathy in children:

- Volunteer together at a soup kitchen, animal shelter, or other community organizations.
- Create handmade holiday cards for troops, nursing home residents, or homebound neighbors.
- Shop as a family for donations to toy drives or prepare a meal for a family in need.

STRENGTHENING FAMILY BONDS

The joy of traditions lies in togetherness. These ideas can help your family laugh, connect, and create cherished memories:

- Host a family game night or a holiday talent show.
- Plan a themed dinner where each family member contributes.
- Craft paper snowflakes or make decorations together.

- Take a drive to admire holiday lights while enjoying hot cocoa or festive tunes.

THE GIFT OF TRADITIONS

Traditions don't have to be extravagant to be meaningful. They draw families closer, year after year, and offer a sense of unity and identity. Remember, it's okay to let old traditions evolve or make room for new ones. Whether it's through active outings, creative projects, or heartfelt acts of kindness, your efforts to start healthy traditions will leave a legacy of joy and connection for years to come.

Have fun creating new memories this holiday season, and don't forget to take care of your health and well-being along the way!

EMOTIONAL WELLBEING INSIGHTS

How to Balance Your Day to the Fullest - Just like every fingerprint is unique, so is each person's body and mind. Finding the time and methods to support your health and well-being can be challenging, but it's worth the effort. Your thoughts, emotions, and actions play a huge role in how you navigate both work and life outside of it. Here are some simple steps to help you bring balance to your day:

QUICK TIPS FOR A BALANCED DAY

- **Set Time for Reflection:** Build routines for activities like meditation, deep breathing, reading, listening to music, or taking a quick walk—even during lunch.
- **Try Journaling:** Write about your feelings—positive, negative, or neutral—to gain clarity and process emotions.
- **Practice Mindfulness:** Focus your energy intentionally on what truly matters at work and home.
- **Communicate Clearly:** Don't assume others know what you're thinking. Open and honest communication is key to avoiding misunderstandings.
- **Set Boundaries:** Learn when to say no or establish limits to protect your time and energy.
- **Find Joy in Small Moments:** Create daily moments of happiness and foster kindness, acceptance, and care in your interactions.
- **Join Supportive Groups:** Participate in positive, uplifting groups at work or outside of it to build connections.
- **Prioritize Rest:** Listen to your body and take time to recharge when needed.

MENTAL HEALTH MATTERS

According to recent surveys, about 1 in 5 people experience anxiety, depression, or similar mental health challenges that affect their daily lives. If you're feeling overwhelmed, seeking help has never been more accessible. Professional support, medication, and digital apps can provide the tools you need to manage your mental health effectively.

WHAT ABOUT WORK?

Since much of our time is spent at work, it's essential to consider what you can do there to promote balance and well-being. Look for ways to:

- Build a supportive environment with coworkers.
- Take breaks to recharge.
- Create a workspace that reduces stress and fosters focus.

Balancing your day doesn't mean perfection—it's about finding what works for you and making small, meaningful changes to improve your overall well-being.

As a member of the Franklin County Cooperative, you have access to several confidential and free resources designed to support you in various aspects of life. One invaluable resource is Valerie Schenk-Greil, your dedicated EAP Consultant through Optum. Valerie is available to help you navigate challenges such as work-life balance, parenting and family concerns, depression, anxiety, stress, and more.

*Your discussions with Valerie are completely confidential and incur no cost to you. You can reach out to her by calling the Onsite EAP and Health Engagement Nurse Support Line at **614.525.6773** or you can contact Valerie with the prompts below.*



Valerie Schenk-Greil LPCC, LICDC, NCC

[Email Valerie](#) or [Book An Appointment](#)