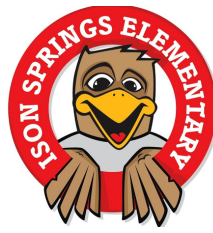


# Staff Wellness NewsLetter



October 2024



## Finances Holiday Season Strategy and tips for Educators

Here are three strategies to help manage your finances during the holiday season:

- 1. Set a Budget:** Before the season begins, create a budget for gifts, events, and other expenses. Stick to this budget to avoid overspending, and factor in travel, food, and decorations as well. Consider using a separate account or app to track spending.
- 2. Plan and Shop Early:** Start your holiday shopping early to take advantage of sales and avoid last-minute spending. Spreading out purchases over time can lessen the financial strain, and you can also look for discounts, promotions, or even consider homemade or personalized gifts.
- 3. Prioritize Savings:** While it's tempting to splurge, maintain your savings plan by setting aside a fixed amount each paycheck, even during the holidays. Consider setting a portion aside for an emergency fund or any post-holiday expenses to start the new year on solid footing.

**Resource:** <https://fultoncountyga.gov/for-employees/employee-benefits/employee-assistance-program>

### Email

In September, Ms. Hicks will send out "Thoughtful Thursdays" emails every Thursday, featuring positive affirmations, mental health tips, exercise ideas, and mindfulness practices. Please take a moment to review and incorporate what you can into your daily work-life.

### In-Person

"Miles with Mitchell" is an after-school walking group designed to promote wellness and community among students and staff. The group meets regularly to walk together, encouraging physical activity and providing a relaxed environment to connect. It's a great opportunity to unwind, build relationships, and focus on health after the school day.

### Challenge

From October 1st-October 31st we will compete in a Step Challenge where employees compete by taking steps throughout the day. We will be using the StepUp app. Participants can compete with themselves by trying to hit personal or pre-established step goals, compete against other individuals, or compete with the group. The staff with the most steps each week will get a prize. Just a little Healthy Competition. Have Fun!