HEALTH & WELLNESS

The Pulse Newsletter

The Baldwin Group

BY THE NUMBERS

89%

Of U.S. adults report feeling stressed during the holiday season.

58%

Of U.S. adults say that financial concerns were their top stressor during the holidays.

Source: American Psychological Assocation

HEART HEALTH

The impact of stress is not just psychological, but also physical. Studies have shown the connection between chronic stress and increased rates of high blood pressure, diabetes, obesity and other factors for cardiovascular diseases.

It's hard to avoid stress, but minimizing it is important for overall health.

FOCUS

Staying Jolly this Season

Stress increases during the holiday season which can lead to various illnesses such as depression, anxiety to even physical ailments. It is important to know that we have more control than we think we do.

This month, it's all about enjoying the holidays and minimizing the stress.

DETAIL

Let's minimize stress and maximize our health.

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

Many of us are balancing the excitement, the joy of the festivities and the pressures from work, family commitments and general social expectations. The goal of this month's edition is to remind you to take a step back and breathe! Let's focus on maintaining a sense of balance during this holiday season. The holidays are a time to connect with friends and family, reflect and recharge, but they also bring added stress. This added stress can have an impact on both our physical and mental health, and can lead to poor sleep, weight gain, headaches and a strain on our heart health.

The holidays should be a time to focus on maximizing our health and not just filling our plate with rich foods and striving for perfection. Focus on:

- **Setting boundaries:** Don't overcommit to gatherings and events that feel more obligatory versus enjoyment.
- **Staying active:** Short walks after a holiday meal can help improve one's circulation and help you feel more energetic.
- **Get your sleep:** It's often easy to sacrifice sleep during the holidays, but quality sleep is a must. Aim for at least 7-8 hours of sleep.

The holidays are a time to connect with the people we care about most, but also a time to connect with yourself!