November 2023 Employee Email

Dear [Agency/Higher Ed.] Employees,

As the holiday season unfolds, we can get caught up in planning and shopping for others, and lose sight of our own needs. We want to encourage you to prioritize your well-being and embrace a healthy holiday mindset, whatever that means for you. Imagine you can experience more joy, gratitude, and self-care. Here are a few reminders for a healthy holiday season:

1. **Rest and Recharge**: By taking the time you need to rest and recharge, you can be fully present for yourself and those you love. A good night's sleep is critical for overall well-being.
2. **Connect with Loved Ones**: By prioritizing quality time with friends and family, we can support our emotional health through these social connections.
3. **Mindful Moments**: By pausing for moments of mindfulness amidst the festivities, we can experience a sense of calm and perspective. Enjoy a few deep breaths or a moment of gratitude.
4. **Keep Moving**: It’s easy to forget to stand up and move when there are so many fun, holiday movies and sporting events on television, but movement supports our physical and mental well-being. For a fun way to stay active through the holidays, you may want to look at the virtual fitness opportunities available through the [Work Well Texas Fitness Calendar](http://www.wellness.texas.gov/Challenge.htm).

**November 16th at 10-11:00 a.m. CT, join Lacy Wolff from ERS and Jewell Smith from OAG as they discuss strategies to embrace the holidays in the** [Healthy Holiday Mindset webinar.](https://attendee.gotowebinar.com/register/9170891682073661278) **Check out the attached flier with more opportunities to connect with well-being activities this month! [Attach flyer to email or link to it]**

Remember, your well-being is important! We wish you a healthy and happy holiday season.

Happy Holidays!

Your Wellness Coordinator