Dec 2017
Stress Management

Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, traumatic events, and even the holidays—can be stressful. Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help. Review the spotlight to learn more about stress management and complete the monthly quiz for a chance to win a $25 gift card. at www.JHMBHealthconnect.com/health-spotlights

FREE Upcoming Wellness Screenings

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>Fri, Dec 1</td>
<td>7:30 AM - 10:30 AM</td>
<td>Jefferson Elementary</td>
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<td>Fri, Dec 1</td>
<td>12:00 PM - 3:00 PM</td>
<td>Eaton Elementary</td>
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<tr>
<td>Tue, Dec 12</td>
<td>11:00 AM - 2:00 PM</td>
<td>Fort Miller</td>
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<td>Tue, Jan 9</td>
<td>7:30 AM - 10:30 AM</td>
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<td>Sat, Jan 13</td>
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<td>Tue, Jan 16</td>
<td>4:00 PM - 7:00 PM</td>
<td>Pinnacle Main Office</td>
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All recipients must present district-issued medical ID card. Visit www.JHMBHealthConnect.com for the latest schedules.

FREE Monthly Webinars
Managing Stress
Tuesday, December 12 @ 6 PM
Presented by Pinnacle Training Systems

The holidays can be a very stressful time. For many, their coping mechanisms are very unhealthy and can lead to the “obligatory” weight gain. This month’s webinar will focus on healthy ways to manage stress, not only during the holidays but throughout the year. Review Pinnacle’s webinar and complete the quiz for a chance to win a $50 Visa Gift Card.

Emotional Composure- Remaining Unruffled and Dynamic Under Stress
Tuesday, December 19 @ 12 PM
Presented by Claremont EAP

Emotions are a healthy part of the human experience. Acknowledging emotions and understanding your personal stress style is the first step in beginning to control them. In this session, we will discuss a selection of customary stressors as well as techniques for exercising control over them.

Visit www.JHMBHealthconnect.com/events/category/workshops to register.

Maintain Don’t Gain Challenge
Now Until January 15, 2018

This holiday season take charge of your weight and celebrate a healthier you. Participate in this 8-week program designed to help individuals maintain their weight during the holiday season.

You will receive weekly emails that provide tips and strategies for adopting or maintaining healthy behaviors, healthy recipes, stress management tools, physical activity suggestions and encouraging messages to keep you going. Individual and school/work-site prizes will be awarded.

Sign up at www.JHMBHealthConnect.com/event/2017-maintain-dont-gain-holiday-challenge.

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at www.JHMBHealthConnect.com or contact us at jhmbhealthconnect@yahoo.com.
Healthful Tip: Stress-relief Techniques Focus on Relaxing Your Mind and Your Body

Ways to Relax Your Mind
Write. It may help to write about things that are bothering you. Write for 10 to 15 minutes a day about stressful events and how they made you feel. Or think about tracking your stress. This helps you find out what is causing your stress and how much stress you feel. After you know, you can find better ways to cope.

Let your feelings out. Talk, laugh, cry, and express anger when you need to. Talking with friends, family, a counselor, or a member of the clergy about your feelings is a healthy way to relieve stress.

Do something you enjoy. You may feel that you’re too busy to do these things. But making time to do something you enjoy can help you relax. It might also help you get more done in other areas of your life. Try; (1) a hobby, such as gardening, (2), a creative activity, such as writing, crafts, or art, (3), playing with and caring for pets, and/or (4) volunteer work.

Focus on the present. Meditation and guided imagery are two ways to focus and relax your mind. When you meditate, you focus your attention on things that are happening right now. Paying attention to your breathing is one way to focus. Mindfulness-based stress reduction is one form of meditation that is very helpful with managing stress and learning how to better cope with it. With guided imagery, you imagine yourself in any setting that helps you feel calm and relaxed. You can use audiotapes, books, or a teacher to guide you.

Ways to Relax Your Body
Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started. Even everyday activities such as housecleaning or yard work can reduce stress. Stretching can also relieve muscle tension.

Try techniques to relax. Breathing exercises, muscle relaxation, and yoga can help relieve stress.

Yoga, tai chi, and qi gong. These techniques combine exercise and meditation. You may need some training at first to learn them. Books and videos are also helpful. You can do all of these techniques at home.


December 2017 Recipe
35-Calorie Hot Chocolate

This hot chocolate is so easy to make! It’s sweet, creamy, and perfect for chilly winter days. The recipe is easily doubled or tripled to serve more.

Yield: 2 cups
Cooking Time: 3-5 mins

Per Serving (1 cup)
Calories 35
Total Fat 2.5 g
Cholesterol 0.0 mg
Sodium 225.0 mg
Total Carbohydrate 4.0 g
Protein 1.0 g

Ingredients
• 2 cups (480 mL) unsweetened cashew milk
• 2 tbsp (10 g) unsweetened cocoa powder
• 12 drops vanilla crème stevia, or to taste
• 3 drops peppermint extract (optional)

Directions
Add all of the ingredients to a small saucepan and whisk together until the cocoa powder is mostly incorporated. Cook over medium-low heat, whisking frequently, for 3-5 minutes or until warmed through. Pour into mugs and enjoy!

Source: https://amyshealthybaking.com/blog/2015/11/24/35-calorie-hot-chocolate/