

Welcome to your December Newsletter!

Empowering you with information for your emotional and physical well-being.



Navigating Holiday Blues: The Power of Mindfulness

For those who experience holiday depression or anxiety, mindfulness can serve as a powerful ally, offering techniques to help reduce stress and provide a sense of tranquility.

Learn how to include mindfulness this holiday season:

[Click to access](#)

Managing Stress with Exercise

Exercise can be an effective tool for managing stress, improving mental well-being, and leading you towards a healthier, happier life. Read more to learn about how to help manage daily stress through exercise.

Visit our blog for more information:

[Click to access](#)



Learn how to avoid burnout with relaxation. Login and click "Webinar."

[Watch](#)



Feeling stuck? Contact our customer care team to schedule counseling.

[Call](#)



Learn more about healthy eating and fitness.

[Read Guide](#)

Holiday Harmony: Strategy for a Mentally Healthy Festive Season

This holiday season, keep your mental health in mind. By planning ahead and being aware of your emotions, you can better prepare to cope with challenges that may arise during this festive time of year!

Find helpful tips on managing mental health in our blog:

[Click to access](#)

Check out the digital platform!

Financial Stress and Thinking

Check out the Uprise Health platform library for a course on Financial Stress and Thinking.

Manage financial stress with proven mindset skills.
Address thinking patterns that fuel financial worry and pressure.

Access the [platform library](#) in the app and get started on your new skills today!



Highlighted Resource

Setting Goals for the New Year

If you've tried before and not quite met your goals, or it's been a long time since you did some goal setting, we have dos and don'ts



for you that have been proven to be helpful setting good goals and making progress on them!

[Click to access](#)

This newsletter is also available in Spanish

[Click to access](#)

We're here to help.

Please visit our website <https://worklife.uprisehealth.com/> or follow us on LinkedIn

Phone: [1-800-386-7055](tel:1-800-386-7055)

Access Code: worklife

