



December Better You Pursuit Newsletter – Florida Blue

The holidays are often a time of celebration, joy, and being closest to the ones we love. However, this time of the year can also lead to increased stress when the pressure to squeeze one more thing in an already-packed calendar can become overwhelming. The added commitments can wreak havoc on our schedules, eating patterns, sleep quality, and self-care habits. Don't panic! Your Florida Blue team has compiled many resources and tips to help you stay mindful and prioritize your well-being while still enjoying the festivities and the food!

NEWSLETTER (attached) – December 2024 highlights are:

- Tips for a joyful and balanced holiday season
- Try something new this holiday season
- Recipe of the month: Healthy Cauliflower Rice

LIVE WEBINARS

There is no live webinar scheduled this month. We will resume them in January. However, if you missed a recent presentation, you can [listen to webinars recordings here](#).

FLORIDA BLUE ANSWERS

Did you know? Becoming and staying healthy can help you lower your healthcare premiums next year. Learn how with these tips.

- [Be kind to yourself during the holidays](#)
- [Need help with the holiday blues?](#)
- [How to reduce kids' holiday stress](#)

HEALTHY NUGGETS (Short videos) ~ DECEMBER – Make Time for Self-Care

- [Sleep better, live better](#) (3:26) ~ Did you know? Sleep is vital to our overall health. Insufficient sleep can lead to physical and mental health issues. In this short video, we share tips on how to improve your sleep for better health.
- [Finding Zen during the holidays](#) (3:45) ~ While the holidays are often a time of celebration, joy, and being closest to the ones you love, they can also lead to increased stress when the pressure to squeeze one more thing in an already packed schedule can become overwhelming. The season can also be tinged with grief by the constant reminder of loved ones who may be missing from this year's celebrations. In this short video, we are sharing 5 simple tips for taming the frenzy and finding the right balance, so you can navigate through the holiday season with inner peace and indulge in the spirit of the season.
- [Avocado chocolate mousse](#) (0:38) ~ This super easy-to-make recipe has only three ingredients and is packed with good-for-you nutrients (fiber, healthy fats, minerals, vitamins, antioxidants). Who said desserts cannot be nutritious and delicious?

Be well!