

EAP-Employee Assistance Program

TELUS Health December Newsletter:

This December, as we collectively embark on a journey of self-discovery and reflection, Telus Health is dedicated to supporting you in "Finding Your Purpose" and prioritizing your mental well-being throughout the holiday season. This update is designed to empower you with resources to focus on mental health, making it a central aspect of your year-end endeavors.

FREE WEBINARS (<https://go.telushealth.com/en-us/wellbeing-calendar-2023#december>)

Resiliency – looking back and looking forward – Dec 8th, 2:00 PM EST

A reflective session designed to help you navigate the nuances of the past, learn from experiences, and build resilience for the future. Join in meaningful discussions centered around positive growth and mental fortitude.

Critical thinking – Dec 22nd, 2:00 PM EST

Elevate your problem-solving skills in a professional setting. This session delves into the origins and applications of critical thinking concepts, offering practical insights to navigate challenges and seize opportunities.

AWARENESS AND RECOGNITION DATES

December 3rd is International Day of Persons with Disabilities

The International Day of Persons with Disabilities (IDPD), observed on December 3rd, is a global initiative dedicated to advancing the rights and well-being of individuals with disabilities. To show support, educate yourself and others about their challenges, advocate for inclusive workplace practices, and engage in awareness campaigns through events and social media. Encourage disability-friendly policies in your community and consider volunteering with organizations that champion inclusivity.

HOLIDAY SEASON

Navigating the holiday season can be challenging, as over half of Americans grapple with emotions like sadness and loneliness during this time. According to the American Psychological Association, 38% of individuals report heightened stress during the holidays. As we immerse ourselves in the festive spirit, your well-being takes center stage. Acknowledging both the joys and challenges this season brings, we're excited to provide practical strategies not just to endure but to flourish.

Self-Care Tips for Holiday Bliss

1. Optimize Your To-Do List: Focus on tasks aligned with your goals and well-being. 🚀
2. Incorporate Mindful Breaks: Enjoy short breaks for joyous activities and relaxation. 🌿
3. Connect with Loved Ones: Strengthen emotional support and foster a sense of community. 🤝