



# CGI WELL SAID.

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## Reducing Holiday Stress

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The holidays can be a stressful time for individuals, particularly those who are balancing work, families, and taking care of an aging loved one. The holidays have become a season where there is a lot of hustle and bustle and not as much time for reflection and self-care. As we approach the holiday season, it is important to remember to be mindful of stressors and plan ahead to make the holiday season one of family, creating cherished memories, and joy. Here are a few simple ways that you can reduce stress this holiday season:

### Travel Tips

- \* Allow plenty of time: if it normally takes 45 minutes to get to a location, plan for an hour.
- \* Ask for help.
- \* Remember any medications and cell phones.

### Don't Over-do It!

- \* Do something creative and/or make DIY gifts.
- \* Practice Random Acts of Kindness: buy coffee for the person behind you at your local coffee shop.
- \* Shift your perspective: focus on what the holidays mean to you (e.g. family, friends, carrying out traditions).
- \* Give the gift of time: spend time with families and friends that you may otherwise miss out on seeing throughout the year.

### Stress Less at Holiday Gatherings

- \* Limit noise and commotion: step outside or go into another room if it is getting too loud or hectic. Give yourself a five-minute break.
- \* Ask for loved ones to accommodate dietary restrictions or bring a dish that fits any restrictions.
- \* Monitor your mood: notice an increase in anxiety, irritability, or depression. Ask for help or talk to a trusted individual if you notice these mood changes.

### Incorporate Self-Care

- \* Use aromatherapy to reduce stress such as lavender: rub the essential oils on a pressure point or burn a calming candle.
- \* Laugh.
- \* Ask for help.
- \* Practice deep breathing: breathe in to the count of five; hold it for a couple of seconds; breathe out to the count of seven.
- \* Schedule in self-care.

Happy Holidays!

*“You aren’t doing ‘nothing’ when you choose to put your well-being first. In fact, this is the key to having everything.”*

*- Brittany Burgunder*

# WELL SAID.

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## Holiday Pet Safety

<https://www.asPCA.org>

As you gear up for the holidays, it is important to try to keep your pet's eating and exercise habits as close to their normal routine as possible.

### **Be Careful with Plants and Decorations**

**Oh, Christmas Tree:** Securely anchor your Christmas tree so it doesn't tip and fall.

**Avoid Mistletoe & Holly:** Opt for just-as-jolly artificial plants made from silk or plastic, or choose a pet-safe bouquet.

**Tinsel-less Town:** Kitties want to nibble on tinsel, which can lead to an obstructed digestive tract, severe vomiting, dehydration and possible surgery. It's best to brighten your boughs with something other than tinsel.

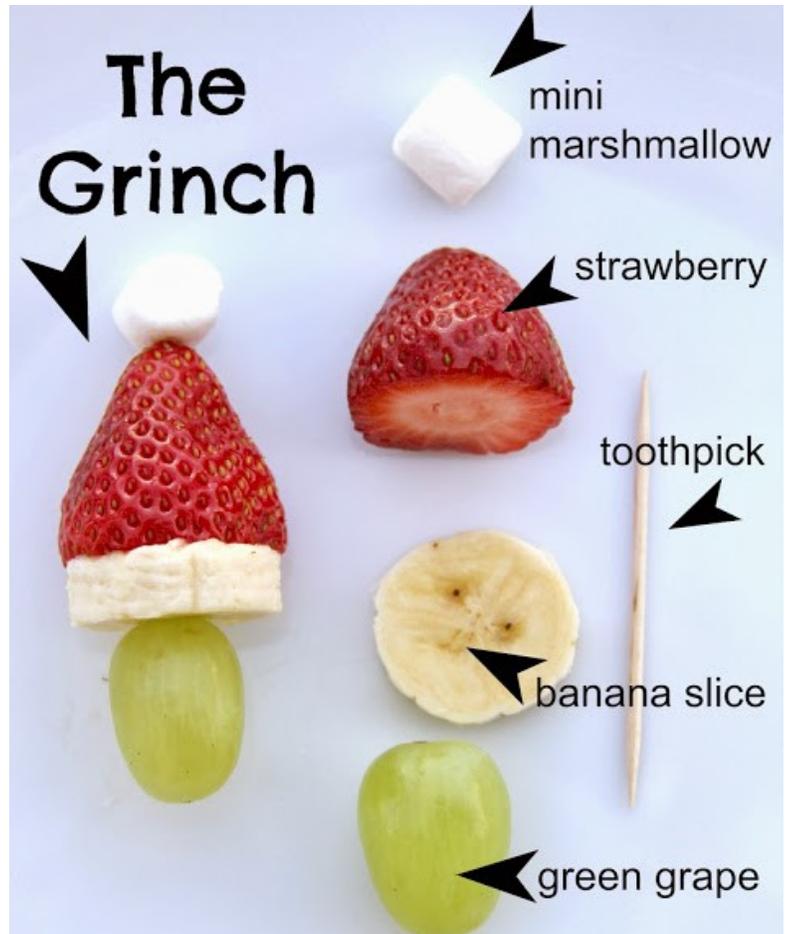
**That Holiday Glow:** Don't leave lighted candles unattended.

**Wired Up:** Keep wires, batteries, and glass or plastic ornaments out of paws' reach.

### **Avoid Holiday Food Dangers**

**Leave the Leftovers:** Fatty, spicy and no-no human foods, as well as bones, should not be fed to your furry friends. Pets can join the festivities in other fun ways that won't lead to costly medical bills.

**Careful with Cocktails:** If ingested, your pet could become weak, ill, and may even go into a coma, possibly resulting in death from respiratory failure.



KEEP CALM  
AND  
WASH  
YOUR  
HANDS



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

### **Handwashing: Clean Hands Save Lives**

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Many diseases and conditions are spread by not washing hands with soap and clean, running water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.



### **Contact Us!**

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