

NEW for 2019

Life Advisor Well-being Webinars

Ulliance is pleased to offer, new for 2019, Life Advisor Well-being Webinars. These 45 minute webinars are offered at no cost to you as part of your Life Advisor Employee Assistance Program.

On Wednesday, February 6th at noon, join the discussion about

Improving Your Mood, The Natural Way

To register, visit
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Training ID: 460-157-276

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Wellness in a Winter Wonderland

It's cold. It's gray. It might be snowing. Unless you're exceptionally well-motivated, the winter months are perhaps the most difficult time to get energized for working out and staying well. The temptation to say inside where it's warm, not to mention all the heavy meals and desserts associated with the holiday season, make getting to the gym or maintaining that weight loss regiment even more challenging. But there is hope!

1. Start with small, attainable goals.

Instead of telling yourself, "I'm going to lose so many pounds before swimsuit season," try telling yourself, "I'm going to go mall walking at least three times a week for the next three months" – and follow through! It's great to have one ultimate goal in mind (for example, "lose 20 pounds before the summer"), but to accomplish the big goal we need to set the smaller goals that pave the way to it. When you can meet these smaller goals along the way, it's added incentive and motivation for you to keep striving for the big goal.

2. Strive to "maintain, not gain."

Maybe weight loss isn't realistic around the holidays and during the wintertime. Instead of focusing on weight loss, try maintaining your current weight through the winter months. This removes the pressure to always be losing weight, but still incentivizes us to make smart choices when it comes to nutrition and exercise.

3. Give yourself permission to backslide.

If you have the occasional bad day in terms of maintaining your own personal wellness goals, try not to beat yourself up. Studies show that, rather than motivating us, being too hard on ourselves when we fail to achieve our goals can cause us to become demoralized and sometimes even give up altogether on what we're trying to achieve. It's okay to have an "off day."

Tips for Wellness in Winter

- Take the stairs at work instead of the elevator
- Keep your workspace germ-free
- If you need a sweet fix, try dark chocolate
- If you're a pop-drinker, try switching to water
- Stay hydrated
- Use online resources like SkinnyChef.com to find healthy recipes