

December 2024 **BENEFIT** U

**Prioritize Your Health:
Small Steps for a Healthier You!**

1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday	
<p>DON'T WAIT: PUTTING OFF YOUR GOALS UNTIL THE NEW YEAR ONLY HURTS YOUR PROGRESS. START WORKING TOWARDS THEM TODAY! WRITE DOWN 1-2 ACTIVITIES YOU WILL FOCUS ON THIS MONTH.</p>	<p>CHECK OUT DECEMBER'S EAP EMPLOYEE NEWSLETTER. EXPLORE TIPS ON FINANCIAL WELLNESS, GRATITUDE, AND FINDING JOY THIS HOLIDAY SEASON. TOGETHER, LET'S MAKE THE MOST OF OUR HOLIDAYS!</p> 	<p>SET HEALTHY BOUNDARIES WITH HOLIDAY COMMITMENTS: TRY TO FOCUS ON QUALITY OVER QUANTITY WITH YOUR TIME—WHETHER IT'S FOR GATHERINGS, SHOPPING, OR OTHER RESPONSIBILITIES.</p>	<p>FREE WEBINAR: PERSONALIZING YOUR WELLNESS JOURNEY HEALTH ISN'T ONE-SIZE-FITS-ALL, AND NEITHER IS YOUR WELLNESS PLAN! DISCOVER HOW TO TAILOR-MAKE YOUR OWN PERSONALIZED WELLNESS BLUEPRINT.</p> <ul style="list-style-type: none"> • TIME: 1:00 P.M. 	<p>WALK IT OUT: HAVING TROUBLE REACHING YOUR DAILY STEP GOAL? STAND UP FROM YOUR DESK EVERY HOUR, TAKE A LAP AROUND YOUR OFFICE, OR STEP OUTSIDE FOR A QUICK WALK AND SOME FRESH AIR.</p>	<p>CITY MANAGER JAY MELDER'S HIP HOP HOLIDAY LUNCHEON! 11 AM - 2 PM ADAM'S COMPLEX 20 Interchange Drive</p> 	<p>Enmarket Savannah Bridge Run! 8:00 am - 11:00 am</p> 	
<p>8 CREATE A ROUTINE: DEVELOP A ROUTINE THAT FITS YOUR LIFESTYLE AND PREFERENCES. THIS MIGHT INCLUDE REGULAR EXERCISE, MEAL PLANNING, AND DEDICATED TIME FOR RELAXATION OR HOBBIES.</p>	<p>9 MOVE WELL: HOOP IT UP! LOVE BASKETBALL? TEXT 55498 WITH BBALL TO JOIN THE LIST AND GET NOTIFIED ABOUT THE NEXT CITY OF SAVANNAH PICK UP GAME. DON'T MISS YOUR CHANCE TO HIT THE COURT!</p> 	<p>10 START YOUR DAY WITH A REFRESHING MORNING WALK: JOIN HEALTHY SAVANNAH AT LAKE MAYER AT 7:30 AM! A 30 MINUTE STROLL CAN BOOST YOUR ENERGY, CLEAR YOUR MIND, AND SET THE TONE FOR A PRODUCTIVE DAY. COME FOR THE FRESH AIR AND LEAVE FEELING REVITALIZED!</p>	<p>11 EAT WELL: BEFORE YOU EAT, TAKE A MOMENT TO ASK YOURSELF, "HOW WILL I FEEL 30 MINUTES FROM NOW AFTER I EAT THIS?" THIS REFLECTION CAN HELP GUIDE YOUR FOOD CHOICES TOWARDS OPTIONS THAT NOURISH AND ENERGIZE YOU.</p>	<p>12 MANAGING HOLIDAY STRESS: TIPS FOR A CALM AND JOYFUL SEASON! BRING YOUR LUNCH AND JOIN US FOR AN ENGAGING AND UPLIFTING SESSION DESIGNED TO HELP YOU NAVIGATE THE BUSY HOLIDAY SEASON WITH EASE AND BALANCE!</p> <ul style="list-style-type: none"> • TIME: 12:30 - 1:00 P.M. • ROOM 104, ADAMS COMPLEX • REGISTER HERE 	<p>13 STAY HYDRATED: THE TEMPS ARE COOLER, BUT YOUR WATER INTAKE IS STILL IMPORTANT! CARRY A WATER BOTTLE AND FILL IT UP THROUGHOUT THE DAY.</p> 	<p>14 WELLNESS ON THE WEEKEND: STAY COMMITTED TO YOUR HEALTH GOALS THIS WEEKEND BY AIMING FOR 30 MINUTES OF MOVEMENT TODAY.</p> 	
<p>15 CLEAR OUT FOR A FRESH START: CONSIDER CLEARING OUT A BIT OF CLUTTER FROM YOUR WORKSPACE OR HOME. ORGANIZING ONE AREA, EVEN JUST A DRAWER, CAN HELP YOU START THE NEW YEAR WITH A FRESH, CLEAR MINDSET.</p>	<p>16 MOVE WELL: THE CITY OF SAVANNAH'S FITNESS REIMBURSEMENT PROGRAM IS OPEN!</p> <ul style="list-style-type: none"> • CLICK HERE FOR DETAILS AND ELIGIBILITY. • SUBMIT YOUR PROOF VIA SMARTSHEET'S BY JANUARY 15, 2025. 	<p>17 BE WELL: THE HOLIDAYS CAN BE STRESSFUL. EAP OFFERS 24/7 FREE, CONFIDENTIAL SUPPORT FOR YOU AND YOUR FAMILY TO NAVIGATE WORK-LIFE CHALLENGES. CLICK HERE TO LEARN MORE ABOUT COUNSELING, REFERRALS, AND RESOURCES.</p>	<p>18 IT'S NOT ABOUT BEING THE BEST. IT'S ABOUT BEING BETTER THAN YOU WERE YESTERDAY.</p>	<p>19 TAKE A BREATHING BREAK: NEED TO DE-STRESS QUICKLY? TRY THE 4-7-8 BREATHING TECHNIQUE: INHALE FOR 4 SECONDS, HOLD FOR 7, AND EXHALE FOR 8. A FEW DEEP BREATHS CAN HELP YOU RELAX AND RESET DURING BUSY DAYS.</p>	<p>20 AT HOLIDAY MEALS, AIM FOR A BALANCED PLATE: FILL HALF WITH VEGGIES, A QUARTER WITH LEAN PROTEIN, AND A QUARTER WITH WHOLE GRAINS. YOU'LL ENJOY YOUR MEAL WHILE KEEPING IT BALANCED.</p>	<p>21 SHOP LOCAL! STILL LOOKING FOR A LAST-MINUTE GIFT? SHOP LOCALLY THIS WEEKEND AND CROSS THOSE ITEMS OFF YOUR LIST!</p> 	
<p>22 SHARING IS CARING: THERE IS NO BETTER WAY TO RECHARGE YOUR BATTERIES THAN TO GIVE TO THOSE AROUND YOU. DROP A DONATION OFF AT A LOCAL PANTRY OR PERFORM A RANDOM ACT OF KINDNESS THIS WEEK.</p>	<p>23 CHECK YOUR STRESS: THE HOLIDAYS ARE FULL OF JOY, BUT IT CAN ALSO LEAD TO ADDITIONAL STRESS. MAKE SURE YOU'RE DEALING WITH HOLIDAY STRESS IN A HEALTHY WAY WITH EXERCISE OR MEDITATION.</p>	<p>24 Happy Holidays City Offices are closed on December 24th and 25th. Enjoy this time with friends and family! Take time to recharge and focus on your wellbeing.</p> 		<p>26 TAKE A DIGITAL DETOX: GIVE YOURSELF A BREAK FROM SCREENS FOR A FEW HOURS TODAY. THIS "DIGITAL DETOX" CAN REDUCE POST-HOLIDAY OVERSTIMULATION, IMPROVE MENTAL CLARITY, AND REFRESH YOUR ENERGY.</p>	<p>27 HAVE A SUCCESS STORY FROM YOUR 2024 HEALTH JOURNEY? SHARE HOW COS WELLNESS PROGRAM HAS HELPED YOU. PLEASE EMAIL: LAUREN.WILSON@SAVANNAHGA.GOV YOUR STORY COULD INSPIRE OTHERS TO START THEIR OWN JOURNEY!</p>	<p>28 CREATE HEALTHY HABITS, NOT RESTRICTIONS.</p>	
<p>29 ENVISION YOUR 2025: SPEND A FEW MINUTES TODAY VISUALIZING WHAT YOU WANT TO FOCUS ON IN THE NEW YEAR - WHETHER IN HEALTH, CAREER, RELATIONSHIPS, OR HOBBIES. WRITE THEM DOWN AND PLACE THEM SOMEWHERE VISIBLE TO STAY INSPIRED AND FOCUSED ON THE POSITIVE CHANGES YOU WANT TO MAKE IN 2025.</p>	<p>30 START YOUR WEEK WITH GRATITUDE: TAKE A MOMENT TO THINK OF THREE THINGS YOU'RE GRATEFUL FOR FROM 2024. A QUICK GRATITUDE PRACTICE CAN LIFT YOUR MOOD AND SET A POSITIVE TONE FOR THE NEW YEAR.</p> 	<p>31 MINDFUL INDULGENCE: AS YOU ENJOY NEW YEAR'S EVE TREATS, TUNE INTO YOUR HUNGER CUES AND SAVOR EACH BITE. YOU CAN ENJOY YOUR FAVORITE FOODS IN MODERATION AND STILL FEEL GREAT!</p> 	<p><i>This month, prioritize your health with simple, intentional steps to help you stay balanced, enjoy the season, and set yourself up for a healthy start in 2025.</i></p> <p>Small choices now can lead to big changes in the new year!</p>			<p>Scan for the digital copy of the BenefitU Interactive Calendar. Enjoy daily tips to help practice activities that support your health & wellbeing.</p>	 <p>Scan Me!</p>