

# Health & WELLNESS



## December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment
4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them
11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you
18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh
 25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2024

ACTION FOR HAPPINESS

Happier • Kinder • Together

## Ever heard of Safe Toys and Gifts Month?

It's pretty much universal that children like toys, but how often do we pause and make sure the toys we give to the children in our lives are safe and appropriate for their stage of development?

December is safe Toys and Gifts Month for raising awareness on this issue. Kids Health recommends some general guidelines to keep in mind when shopping for toys:

- Toys made of fabric should be labeled as flame resistant or flame retardant.
- Stuffed toys should be washable.
- Painted toys must use lead-free paint.
- Art materials should say nontoxic.
- Crayons and paints should say ASTM D-4236 on the package, which means that they've been evaluated by the American Society for Testing and Materials.



## DENTAL ALERT!

Nearly 12% of adults ages 20 to 64 have not been to the dentist in the last 5 years!

*National Institute of Dental and Craniofacial Research.*

If you haven't used your EPC provided Delta Dental benefits for 2023 yet, schedule your annual exam and cleaning before the year ends!

As we shop for Christmas presents for the kiddos in our lives, let's make sure we also give them the gift of safety. [Read more here.](#)

# HOW IS YOUR END-OF-YEAR WELLNESS?

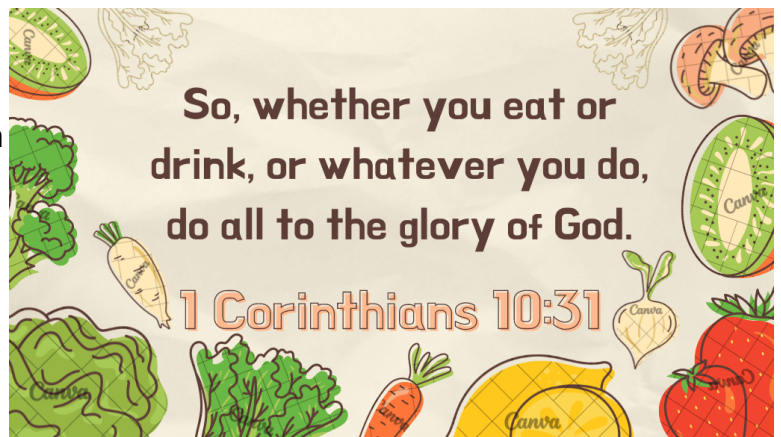
As we approach the end of the year, consider how your physical health and mental well-being are related. Together, they define what has become known in the past several decades as wellness.

- Health refers to a state where your physical body is strong and free from disease.
- Wellness refers to a broad overall balance of your physical, emotional, social, intellectual, environmental, and occupational well-being.

**For example, physical injuries can lead to mental health issues**, while ongoing depression or stress can lead to physical ailments and failing mentality. Regular physical activity and exercise can produce many health benefits, including elevated mood and reduced stress, while healthy eating also can protect and improve your mental health. Regular physical activity can also boost brain health, help manage weight, strengthen bones and muscles, improve your ability to perform everyday activities – and reduce your risk for disease.

## How are health assessments useful?

They measure your current health status and identify specific risk factors that might cause potential health problems in the future – such as chronic stress, insomnia, overweight, poor diet, and sedentary lifestyle. They can also identify any undiagnosed health concerns that require further examination by a medical professional.



**To improve your health**, you first need to understand your physical and mental health and risk factors for ill health.

**Note:** Personality factors strongly associated with good health and well-being include optimism and self-esteem. Genetic and personality factors are closely related and can influence your sense of well-being and confidence.

**Some people equate wellness with physical health** – nutrition, exercise, and weight management – while in recent decades wellness has become more. Wellness is the act of practicing healthy habits daily to reach better physical, mental, and emotional health outcomes – so that instead of just surviving, you’re thriving.

**Don’t wait!** Schedule your year-end health assessment with your primary care provider today or [take a self-assessment here](#).

- Alliant Personal Best