Flourish at Texas A&M – Coming in 2020!

We are excited to announce that Flourish at Texas A&M will launch in January 2020! This program will replace WELLNESS WORKS! as the new official employee wellbeing and engagement program for Texas A&M. Spearheaded by President and Mrs. Young, Flourish is designed to ensure Texas A&M employees are living their best lives by aligning their time at work with their overall wellbeing by offering opportunities to explore employee interests, build community, and be in service to others.

Watch for more details about Flourish at Texas A&M in January 2020. Until then, you can join the Flourish community and stay in the know about classes and events by pre-registering for the mobile Flourish App. Staff and faculty who register for the Flourish App before midnight on Thursday, December 12 will be entered for a chance to win a wellness package that includes first edition Flourish swag, administrative leave, and a catered lunch for you and your co-workers! Contact flourish@tamu.edu for more details.

This is the final issue of the WELLNESS HAPPENINGS newsletter. Thank you all for your support of our programs and services over the years. Now, we encourage each of you to go forward and Flourish at Texas A&M!
Physical Wellness:
Plan for a Healthy Holiday

Winter Nutrition Resources
There are many challenges to establishing and sustaining a healthy work-life balance. To support Texas A&M University faculty and staff in this endeavor, we have collaborated with Registered Dietitian, Meghan Windham to create the Nutrition Resource Webpage to assist you in accessing credible and practical nutrition information. Check out the Winter Healthy Bits and Bites Quarterly Blog, an efficient visual for credible seasonal resources and strategies to maintain a healthy, holistic approach to nutrition!

Tips to Reduce Holiday Stress
According to the Cleveland Clinic, in Great Britain “holiday” has the same meaning as vacation, but many Americans would not associate the two. The holidays can come with lengthy to-do lists, financial worries, and stress when day-to-day responsibilities conflict with our holiday efforts. Remember to take time to relax and embrace the festivities with family and friends. Follow these tips to reduce your holiday stress:

- **Stick to your budget** – When it comes to holiday shopping make sure you start early and stick to your assigned budget. Some alternatives include giving homemade gifts or starting a family gift exchange.
- **Keep up your healthy habits** – Overindulgence can increase your stress. Instead, have a healthy bite before attending parties and find a way to incorporate physical activity in every day.
- **Plan ahead** – It is important to set priorities and attainable goals. Ask other family members to get involved with chores around the house and do not forget to embrace the things you love about the holidays.

For more prevention of holiday stress, visit the Cleveland Clinic and the Mayo Clinic.

Visit Work/Life Solutions Program by Guidance Resources® to review Reducing Holiday Stress Resources such as:

- Holiday Stress Prevention Tips
- Handling Holiday Stress
- Reducing Holiday Stress
Financial Wellness: Maximize Your Dollars!

The biggest holiday shopping time of the year is from Black Friday through December 24. Many spend more than they can afford during this time and retailers capitalize on this season with their flash sales and extended hours. Here are a few tips to save big this holiday season:

Tip #1 Make a Budget and a List
Determine how much you can afford to spend on all of your Christmas gifts and who you are shopping for. There are some great apps to help with keeping track of your list as well as finding discounts and deals such as Santa’s Bag and Discount Calculator.

Tip #2 Buy One or Two EXTRA Gifts
It is common to attend a last-minute gathering or even holiday parties at work. For many of these events you may need a host gift or a small gift for a gift exchange. Do not let these events throw off your budget – buy a couple of generic gifts in advance such as gift cards. Keep in mind that you may want to purchase something you would enjoy having in case you do not use it or you may always return it, but it is best to be prepared.

Tip #3 Encourage Gift Exchanges
One great way to save on Christmas gifts is to do a Secret Santa or draw names. This allows you to only shop for one person and be intentional with purchasing just one nicer gift as opposed to several less meaningful gifts.

Learn more about how to save this holiday season.

Be of Gratitude:
A Skill for Happier Living
Presented by ComPsych
Thursday, December 5 | 11:00am

This webex is for those who would like to feel better about themselves, their situation, and the people in their lives.

Gratitude is a skill anyone can learn as an alternative to regret and fear. We can focus on the positive elements of our lives with a few simple practices. Rather than being grateful because we “ought to,” we can choose gratitude as a way of looking forward to each day.

Register here!

Be of Community:
Holly Jolly Holiday
Presented by Flourish @ Texas A&M
Thursday, December 12
3:00pm – 7:00pm
The Gardens Pavilion

Santa Claus is coming to the Gardens! Join us for the Holly Jolly Holidays end of year celebration hosted by Flourish at Texas A&M and The Gardens!

Enjoy hot chocolate, cookies, and walk through the lighted display. Do not forget to visit and take photos with Santa! Bring your office team, family, and pets!* Parking is available with any university parking pass in Lot 100C.

*All leashed pets are welcome; please remember to clean up after them.

RSVP on Facebook for the event!
Interpersonal Wellness: Take time for YOU!

Winter Parent Resources

WELLNESS WORKS! aims to encourage employees to live well-balanced lifestyles, to cultivate a healthy workplace, and to foster a culture of holistic employee well-being. We understand that employee well-being often goes beyond self-care and may include caring for children. To support our working parents/caregivers, we have gathered parent-related information and resources to assist them in meeting the needs of their families. Visit the newly updated Parenting Resources webpage today!

4 To-Do's at Work Before Holiday Time-Off

Make the New Year all about healthy resolutions and fresh beginnings. Make your future-self happy by using FitBit’s 4 To-Do’s to come back to work in the New Year with a clean, organized, and healthy work place.

- **Clear Away the Clutter.** There is no better time to do a work clean out than at the end of the year. Come back to work in January with a clean work area to set yourself up to be more productive and motivated.
- **Upgrade your Lunch Bag.** Packing your own lunch is a great way to eat healthier and save a ton of money! Treating yourself to a new bag or containers can motivate you to pack a lunch. Just like when you buy a new workout outfit and become excited to go workout.
- **Clean Up your Inbox.** Emptying your email inbox may be unrealistic, but getting it organized within folders can make it a little more manageable. Clearing away junk or irrelevant emails can help you find the important ones easier.
- **Rethink Your Commute.** Reach your activity goals early in the New Year by making small changes. Parking farther away from the building and taking the stairs can get you closer to your daily step goal.

Remote Campus Corner: Wellness Outside of College Station!

Stop Murdering Crape Myrtles

Winter is arriving soon and many individuals tend to murder their crape myrtles by cutting the branches all the way back. According to Joseph Johnson, The Gardens at Texas A&M Manager and Texas Master Certified Nurseryman, crape myrtles branches should not be cut in the winter time. If you feel so compelled that you must prune crape myrtles, learn how here.