

Face End-of-Year Pressure with Grace

Navigate your holidays, deadlines and personal obligations with less stress this year. Here are five methods from meQ to help you enjoy the end-of-year festivities.

1. Manage your mindset. Often, we add to our stress by dramatizing even the smallest difficulties. Avoid this by keeping things in perspective.
2. Ease expectations. It's easy to feel pressured to perform — from bosses, relatives, friends, and especially yourself — but trying to please everyone makes it difficult to do anything well. Instead, communicate your needs and set clear boundaries to avoid feeling over-scheduled.
3. Pump up the fun. The must-dos of work deadlines and family responsibilities leave less time for fun. Yet, keeping up with activities and traditions that make you happy can actually lower your stress levels.
1. Make a great wait. Long lines add to tension this time of year, but they can also provide a respite. Next time you're sitting in traffic, standing in the checkout line, or waiting for feedback from the project leader at work, don't get impatient — take it for what it is: a break.
2. Schedule time for self-care. Scores of studies indicate that self-care approaches like regular sleep, good nutrition, and daily exercise help manage stress, lower blood pressure, ward off depression, and improve moods.

Enroll in the meQ app today: getmeq.com/lecom

meQ**uilibrium**

Behavioral Tip

Invest in yourself. In "The Seven Habits of Highly Effective People," Stephen Covey refers to the Emotional Bank Account as the amount of trust in any given relationship. Remember — you're also continuously managing your relationship with yourself through your self-talk and management of your self-esteem. Make daily deposits into your Emotional Bank Account!

- Recognize and honor your individuality and strengths
- Keep commitments you make to yourself
- Forgive yourself when you make mistakes
- Don't skip the little things that bring joy to your life



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



FINANCIAL



ENVIRONMENTAL



SOCIAL



VOCATIONAL

Featured Recipe

Healthy Gingerbread Loaf

Resource: Thecleaneatingcouple.com

INGREDIENTS

- ✓ 1/4 cup molasses
- ✓ 1/4 cup maple syrup
- ✓ 1 cup applesauce, unsweetened
- ✓ 1 egg
- ✓ 1/4 cup coconut oil, melted & cooled to room temperature
- ✓ 1/2 cup almond milk
- ✓ 2 cups Bob's Red Mill Whole Wheat Flour
- ✓ 1 teaspoon baking powder
- ✓ 1 teaspoon baking soda
- ✓ 1 tablespoon ground ginger
- ✓ 2 teaspoons cinnamon
- ✓ 1/2 teaspoon nutmeg
- ✓ 1/4 teaspoon ground cloves

1. Preheat oven to 350 degrees and prepare a greased 8x4 loaf pan.
2. In a bowl, mix molasses, maple syrup, applesauce, egg, almond milk and coconut oil until smooth.
3. Add in whole wheat flour, baking powder, baking soda and spices. Mix until combined.
4. Pour batter into greased 8x4 loaf pan. Bake for 40-45 minutes until toothpick or cake tester comes out completely clean when inserted in the center of the bread.
5. Allow the bread to cool for 30 minutes before removing from the pan. Store in an airtight container in the refrigerator to maintain freshness.



Vaccine, Testing and Treatment Center Reminder

LECOM Center for Health and Aging
3910 Schaper Ave.

The Vaccine, Testing and Treatment Center is now open Monday - Friday, 9 a.m. - 5 p.m., and Tuesdays 9 a.m. - 7 p.m.

COVID-19 vaccines and boosters are available, along with COVID testing and oral treatments, and flu vaccines.

Walk-ins are welcome. Serving all eligible ages. There is no cost to receive a vaccine.

To schedule, call 814-812-9851 or visit <https://www.eventbrite.com/o/lecom-institute-for-successful-aging-32465672951>

10 Ways to Find More Joy This Season

Here are a few ways to spark joy this season:

1. Give back to others.
2. Hone a craft.
3. Treat yourself.
4. Start a book club.
5. Make staying in the main event.
6. Rediscover an old hobby.
7. Tour the neighborhood.
8. Start a new tradition.
9. Share an old tradition.
10. Be the life of the party.



Resource: <https://mymeq.com/my-meq/dashboard/#/must-reads/post-18472>

Fitness Tip

Reminder: The LECOM Wellness Center is excited to launch MOVE Virtual Programming to all full-time LECOM Health employees for the month of December!
<https://lecomwellness.move.cc/explore>