

SIMPLE WAYS TO BEAT YEAR-END STRESS

Have a healthy holiday and celebrate a year of good health



The holidays usually mean lots of wonderful shared time with friends and family. It can also mean stress, overeating and falling back into bad habits. We're here to help you with a few ways to fight stress and end the year in good health!

TIPS TO COMBAT WEIGHT GAIN

Small efforts can help you stay on track during this time of year.

- **Walk at least 10 minutes every day.** It especially helps if you are able to do this after meal times. Try to work in 30 minutes of brisk walking most days of the week.
- **Take smaller portions and eat slowly.** Especially at a party, it helps to put food on the smallest plate available, and walk away from the food table. Spend more time talking than eating.
- **Make a grocery list and stick to it.** Healthy foods are usually found in the outer aisles of grocery stores, so try to visit those aisles first.
- **Keep healthy snacks on hand.** Fight the mid-afternoon munchies with a piece of fruit or some cheese and whole-grain crackers.
- **Eat a little something before going to parties.** Alcoholic drinks and high-calorie foods will be tempting, so curb your hunger with a healthy snack such as a banana or granola bar before heading out.

RELAXATION RECOMMENDATIONS

Ways of easing stress are equally important in helping your body fight off sickness and fatigue, especially at this time of year.

- **Yoga, acupuncture and massage:** take classes or see a professional for these popular stress-reducers.
- **Deep breathing.** A daily deep breathing meditation of just one minute in the morning and one minute in the evening will help clear your thoughts and help you calm down.
- **Head outdoors.** Change your routine and try to spend more time outside, and even try a new activity.
- **Surround yourself with mood-lifters.**
 - Bring a new plant into the house to create a spring-like atmosphere.
 - Look at the color orange, the color of cheerfulness. No need to repaint the house; just place an orange on your desk.
 - Listen to music you love.
 - Stay connected to other people. If you can't get out, rely on phone or email.

KEEP YOUR HEALTH RESOLUTIONS WITH A LITTLE HELP FROM HEALTH NET

Health Net can help you reduce stress with information, articles, and wellness programs. Go to www.healthnet.com/uc and log on as a member. Click on *It's Your Life – Wellsite*, then *Condition Centers*. Next choose "Stress." Take a stress assessment to learn more about the stress in your life and how to deal with it effectively. Don't forget to improve your overall health by participating in any one of our weight, nutrition or fitness programs – all found on the *It's Your Life – Wellsite*.

Health Net members get discounts! We recognize that healthy living goes beyond your covered medical benefits. So we created Well Rewards, our program that gives our members health-related discounts on many things from acupuncture and massage therapy to fitness clubs and apparel. While you're logged in to the website, go to the *It's Your Life – Wellsite* and click on Member Discounts for a detailed list. And Happy New Year!

Source: WebMD and American Diabetes Association

The Decision PowerSM and It's Your LifeSM programs are not part of Health Net's medical benefit plans nor affiliated with Health Net's provider network. These programs provide access to additional resources and services free of charge or at discounted rates to enrollees of Health Net of California, Inc. and insureds of Health Net Life Insurance Company. The Decision Power and It's Your Life programs may be revised or withdrawn in part or in whole at any time without notice. Decision Power services, including Health Coaches, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

CA41379_Dec (11/07) Health Net of California, Inc. is a subsidiary of Health Net, Inc. Health Net® is a registered service mark of Health Net, Inc. All rights reserved.