

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: November, 2022

Family Wellness Pt. 1 – Holiday Stress

Holidays are among us. For most, these next few months a full of family, love, football, gifts, and fond memories. As adults the holidays seem to be a little bit different than they were when we were the young kids so eagerly waiting for Santa to visit. In a recent poll it was found that more than 47% of Americans experience holiday stress centered around finances. In the construction industry we know that external stressors can affect the ability to work safely for yourself and others around you, that is why we are going to touch on a few ideas that may help individuals manage holiday stress as it comes and goes this year.

1. **Sleep** – Adequate sleep helps our bodies in many ways and is most important for allowing your adrenal glands to fully function. The adrenal gland helps support your immune system, regulate blood pressure, energy, and other hormones that affect mood. Getting a good night's rest is your first line of defense in this busy season.
2. **Exercise daily** – With the hours of light in the day getting shorter, this can be challenging for those who enjoy a nice jog or walk in the sun at the end of the day. Sticking to a routine that gets you moving 20 minutes a day will help regulate the stress you may feel during this season.
3. **Food**- Holiday season no doubt brings some of our favorite treats and meals centered around gathering with loved ones. Try to find the balance of eating wholesome foods that bring the nutrients you need to your body and allow you to enjoy the apple pies and cookies in moderation.
4. **Self-Care** – Take time for yourself. This can be more challenging for some depending on the children and family members they may have demanded their attention; however, it is important to take time for yourself, so you don't get emotionally burnt out. Finding a place to enjoy some peace a quiet, read a book, watch the game, even for a few minutes might be all you need to power you through the family activities.

Holidays bring families together and often feels like a tornado of fun and messes. If you happen to be the place everyone gathers the stress of cleaning before visitors show up, or cleaning after the chaos leaves brings yet another factor to the table. Be mindful of the blessing that is family, take care of yourself first, and enjoy the time of the year. Try to be positive and focus on the memories that are being made, and not all the tasks that lead up to making those memories possible.

HEALTHY OR SAFETY REMINDER: Setting a budget for Christmas holiday shopping can help with some financial stress that comes with the season. Plan out your spending before it happens. Make a plan for shopping, gifts, and the budget you have, and stick to that plan. Random stops into random stores will only cause you spend random amounts of money.

Discussion Points/Quiz Questions:

1. Does anyone have any suggestion to help with holiday stress?
2. What are some favorite holiday movies that can be played in the background to help lighten the mood and keep people laughing?