

# Employee Well-being Monthly Tip Sheet

**December 2024 | Holiday Stress Awareness Month**

Navigate the holiday season with ease with these helpful strategies and resources.

- **Support Your Well-being** this holiday season by managing expenses with budgeting tools to nurture mental wellness through the EAP.
- **Stay balanced** with mindful health practices, and uplift team morale with recognition.

SUGGESTIONS TO NURTURE

## 5 Strategies for Managing Holiday Stress in the Workplace

[Learn More](#)

- 1. Boost Your Financial Wellness** by using budgeting tools and resources to help plan ahead, manage spending, and ease seasonal expenses.
- 2. Prioritize Your Well-being** by exploring mental health resources, like the Employee Assistance Program (EAP) with Acentra Health, to help manage any holiday-related stress or pressures.
- 3. Take Time for Yourself** to fully recharge by stepping away from work—consider using paid time off to unplug, return refreshed, and boost productivity.
- 4. Prioritize Your Health During the Holidays** by keeping a balanced routine—focus on rest, staying active, and mindful nutrition amid gatherings and travel.
- 5. Recognize and Celebrate Employees This Holiday Season** with a simple thank-you or personal note that can boost morale and reinforce their value to the organization.

WELLNESS PERK SPOTLIGHT

### USG Well-being: Your Health

The University System of Georgia (USG) is here to help you and your family stay healthy. Whether you're managing weight, preventing or handling a condition, or just aiming for a healthier lifestyle, USG has the right tools and resources for you. Stay on track, feel great, and make wellness a part of your holiday season and beyond.



[Discover More](#)

WELLNESS CHALLENGE

### Holiday Well-being 12-Day Challenge

Take small steps each day to support your well-being this holiday season.

- Set new year goals, explore mindfulness, share recipes, and practice gratitude.
- Simple tips to stay balanced and joyful, focusing on mental health, budgeting, self-care, and recognizing others.
- Recharge, connect, and find peace amid the holiday busyness.



[Download the Challenge](#)

RECOGNIZING OTHERS

### The Power of Recognition: Strengthening Teams with RISE

Feeling valued and appreciated is key to a happy workplace. Recognizing each other's contributions, big or small, builds a supportive and positive environment. Try the RISE framework and share recognition this month!



[Learn more](#)

#### Featured Event

#### Understanding Credit

*Location: Exhibition Hall  
- Home Park*

*Date: December 5, 2024*

*Time: 12:00-1:00pm*

**[Register Today](#)**

#### Employee Resources:

- [Perks and Programs](#)
- [USG Well-being: Your Finances](#)
- [Acentra Health EAP \(Employee Assistance Program\)](#)
- [Georgia Tech Well-being](#)
- [USG Well-being Rewards Program](#)
- [USG Well-Being Events](#)

#### Give us some feedback



Tell us how we're doing! Take a moment to complete [this survey](#) and help shape tip sheet content.