



ChallengeME MONTHLY MINUTE



VOL 04 ISSUE 12 / DECEMBER 2021 • maine.gov/mdot/challengeme

Monthly topic:

Decreasing Holiday Stress

Bring Laughs to your Holidays with a Gift Exchange!

This is a way to have fun, laugh and get everyone involved. Try “Heads or Tails.” This game is like Yankee Swap but with an element of chance thrown in.

Everyone chooses a number from a hat. The person with #1 has to grab a gift from the pile to unwrap (as with Yankee Swap, they will get a bonus chance at the end).

The second person flips a coin. If it's heads, they pick a gift from the table to unwrap. If it's tails, they have to steal a gift. Keep going until it goes around back to the first person, who ends the game with their chance to flip a coin.



How to Keep the Joy Alive During the Holidays

The scents of pine and cinnamon fill the air and holiday music has begun its annual takeover of radio stations. Holidays are a joyous time, meant to remind us of the vital importance of family and friends. However, with all the hustle and bustle, it's easy for the joy of the season to turn into stress and even exacerbate depression symptoms.

Here are some ways to minimize the stress and maximize the joy this holiday season:

- 1. Make a List**- Not only a “To Do” list, but a list of certain activities or traditions that bring you stress during the holiday season that can help you be more aware, and focus on ways to relax.
- 2. Let it Go**- The best way to lessen the stress of the season is to let old feuds go. Try and find some way to resolve the friction for the holidays.
- 3. Saying “No” doesn't Make you a Grinch**- We tend to overextend ourselves during the holiday season. Consider asking friends and family for time to reevaluate your schedule.
- 4. Break out the Calendar**- It's a busy time but it doesn't mean that those everyday tasks disappear. Use your calendar to help you keep track of events and daily tasks that you need to complete throughout the month. This will help you visualize what you need to get done and will eliminate overcommitting.
- 5. Utilize your Senses**- Light a soothing candle like gingerbread, listen to your favorite holiday song or lower the wattage of the lights for your eyes. Our senses play a large part in developing our overall mood.

Holiday Movie Watchlist

As we hunker down at home, no matter what the holiday gathering ages are, old holiday movies are a great way to keep up our spirits, perhaps remind us of happier holidays in the past, and assure us that things might be OK. Indeed, there could be joy in in your home! Try some of these old-time favorites:

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| 1-Miracle on 34th Street | 2- The Muppet Christmas Carol |
| 3-Mistletoe and Menorahs | 4- Elf |
| 5-Hitched for the Holidays | 6-It's a Wonderful Life |
| 7-A Charlie Brown Christmas | 8-The Proud Family |
| 9-The Black Candle | 10-Frosty the Snowman |
| 11-Arthur Christmas | 12-Home Alone |
| 13-Polar Express | 14-A Christmas Story |



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<http://maine.gov/mdot/challengeme>

Coming Up January: A New Year; Shake It Up

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov