



Healthy Holiday Atmosphere

As the holidays get closer, stress becomes more prudent in our lives. Instead, make this a time for the stress to subside so you may enjoy the holidays at work and at home.

Typically, employed people in our nation spend the majority of their time at work. Get in the spirit by decorating your workspace for the holidays. It can be as simple as snowflake cut-outs to hang from the ceiling or bringing festive decorations from home. Fire code permitting, you may add a string of lights to create an inviting and energized atmosphere.

Another stress buster is to create games. Send out a Word Jumble for the week and hold prize drawings for those who participate. Secret Santa's are very popular at work. To get people moving, consider hosting a game of charades over the lunch period. This creates an atmosphere of imagination and good times shared with co-workers. Creativity has no limits so keep it fun to ignite some excitement in the office.

As a final note, remember to keep any religious undertones to yourself and maintain a culturally neutral atmosphere. Happy holidays!

For assistance in creating fun holiday programming for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

