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REBUILDING CONNECTIONS

It is a busy time of year with holidays, parties, social events and other things we must do, but many people still feel lonely or isolated. Loneliness can lead to a whole host of issues including depression, heart disease, diabetes and more.⁽¹⁾ There are many situations that have contributed to this loneliness outside of our Covid world, including: changed communication styles (Facebook, texting, other social media), decreased collaboration, limited workplace connections (eating in your own room, office, etc.) and I am sure you can think of others. The good news is, we can do something to rebuild those connections throughout work and our personal lives, which include: removing barriers to connection within your workplace, reaching out to friends or family, creating small goals for yourself to reach out to others even when it's hard. We can all make a difference to impact lives and it is within our ability to do so.

We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering.

-Brene Brown

- Embrace Your Path News and Events
- Calm App
- Lose Weight with 8 Course
- Financial Information

1. <https://www.psychologytoday.com/us/blog/your-awesome-career/202305/rebuilding-connection-in-a-disconnected-world>

REBUILDING CONNECTIONS



10 ways to connect with others (2)

1. Be your authentic self
2. Respect people's boundaries
3. Stay focused on the present
4. Move past the surface level
5. Share the conversation
6. Be genuine with your admiration
7. Be a good listener
8. Schedule your time
9. Maintain eye contact
10. Offer a smile

For more information on each of these steps, see the link below.

3 STEPS TO REBUILD CONNECTIONS

1. Ask someone for a coffee/snack or meal chat. Creating connections starts with a conversation.
2. Check in on someone you haven't heard from in a while.
3. Build in time to step away as sometimes rebuilding connections means re-connecting with ourselves.

Embrace Your Path Course

Yoga-Full body strength and flexibility (live class) This class will be video led and low impact, but includes balance poses as well as floor exercises. Please bring a yoga mat or a blanket.

Tuesday, December 10th,
5:00-6:00pm
2400 Reach Rd, Williamsport

Register here:

<https://www.elnr.org/Register.aspx?ScheduleID=8401>

Saturday Health screening

Saturday, December 7th
8:00-9:30am
2400 Reach Rd
Williamsport

To register, click here:
[Health screening](#)

If appointments fill up, email me and I can fit you in. We will also do A1-C screenings on Saturday if you want one.



Embrace Your Path News

Payments will go out monthly starting in December. Health Advocate will send me a report on the First Friday of each month and I will go by those incentive reports for payouts. Here is the process:

1. Receive reports from health advocate
2. Prepare incentive reports for the districts/Penn College within 3-5 days.
3. Send reports to LCIC and districts/College for payouts
4. You will typically receive payment at the end of the same month or beginning of the next month depending on your pay period cycles.

If you are in the platinum level and cannot take a live course or zoom course due to your schedule, remember you can complete a 4 week personal pathway program online with health advocate. We understand schedules are busy and hectic and want to make sure you have plenty of options. I am building the winter/spring schedule for courses coming up, so check out my site at health.iu17.org for more information later in December.

Health Advocate news-I will be sending out an email in mid December, with new instructions for logins for health advocate as we will have a specific URL for our organization which makes it more secure. Please pay attention to that email when it comes out.



Self Care with Calm

We are all wired to connect with others as social connections have been proven to boost our mental and physical well-being. Your community can help you navigate hard times, stress, and anxiety by providing the solace and support that you need. That's why it's important to proactively rebuild old connections and establish new relations within your community.

Check out the following Calm resources to help you navigate loneliness and the feelings of grief that might come with it so you can rebuild your connections:

- [Interconnectedness](#)
 - Go beyond your normal circle of care so you can support them in moments of need.
- [Nurturing Relationships](#)
 - Practice non-reactivity so you can establish healthier and happier connections with other people even during times of conflict.
- [Caring For Your Grief Series](#)
 - Try guided practices with Lama Rod Owens and listen to his comforting words to get through times of loss and change.
- [Combating Loneliness](#)
 - Be at peace with your daily challenges by trying a simple mindfulness practice that'll help you better connect with yourself and others.

Check out the Calm app for other diverse resources that'll support your mental health journey.

Join a [Calm App Webinar](#) to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.

Sign up for the free Premium Calm app by scanning the QR code:





***Reach your Health Goals in 2025!
8 Week Weight Loss/Wellness Class
Location: Penn College
Wednesdays, January 15 – March 5, 2025
Class time: 4:45 – 5:45pm***

- *Lose weight without feeling hungry, yes you can eat carbs!*
- *Healthy fats (MUFA) to target belly fat and speed weight loss*
- *Topics include: lowering risk of chronic disease, reversing insulin resistance, gut health, Blue Zones, DASH guidelines and more!*
- *Plan may improve blood pressure, fasting blood sugar and cholesterol*
- *Participants have lost up to 120+ pounds, 10 inches from their middle, reversed pre-diabetes and fatty liver, significantly improved A1C, and reduced or eliminated need for prescription medications*

***Info Session Wednesday, December 11th
Campus Center Room #105c @ 12 noon***

Cost: \$225.00, cash or check made out to Live It Nutrition

Register early by emailing Carmen Terry @ cterry@iu17.org

This Lifestyle Approach Works!!

***I look forward to working together,
Rose Trevouledes, RD***



Tips to Control Holiday Spending

I think most of us overspend during the holiday season, whether on gifts, food, holiday parties, hostess gifts, etc. It's easy to get caught up in spending and buying, but remember it is more important to connect with people (see page 1 and 2) than to break your budget. Here are some tips to help manage your funds during the holidays:

1. Set holiday spending limits-give that credit card a break and try using cash. Swap out that morning coffee to save money for gifts.
2. Pare down your shopping list-only buy for immediate family and maybe a couple others. Be creative with other gifts, such as baked goods or crafts that are meaningful.
3. Set a realistic budget, we are all in different financial areas of our lives, your single sister who has a high level job may be able to afford more expensive gifts than the parents who have 3 kids, two of whom are in college. When we manage our expectations about what we can afford, it takes the stress out of shopping.
4. If you are shopping online, look for coupon codes and sales for the best deals.
5. Don't impulse shop. Pay attention to what is on your list and stick to it. If you forgot to add someone to your list, check your budget and limit what you spend on others.
6. Save your holiday receipts-total them up and pay attention to your spending so you actually know what you have spent already.
7. Make a gift exchange instead of buying for everyone! Each person draws a name so they determine who they are buying for.
8. Start saving for next year. Create a Holiday account at your bank and put some money in it each month.

For more tips on holiday budgeting, click on the link below:

<https://www.forbes.com/sites/truetamplin/article/holiday-budget/>
