Excellus

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Read me first – December wellbeing tip for employers

Here are some ways you can support your workforce during December:

- ✓ Share the **flyers** in the resource folder with employees.
- ✓ Encourage employees to print and **color the new winter coloring pages**, available in the employer folder, or print copies and place them in breakrooms. Consider hosting a holiday coloring contest to boost engagement and add a little seasonal fun to the workplace.
- ✓ Encourage employees to register for the upcoming **Weathering the winter: staying well during the holiday season webinar** (promotional flyer included in the employee resource folder)
    - Looking to access a previous Excel Your Well webinar? They are available on-demand on our Excellus BCBS YouTube Page: Wellbeing Webinar Series - YouTube
- ✓ Use the **"Top 5 Tips"** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)
- ✓ Distribute the positivity cards in the employer folder to encourage employees to finish out the year strong.

Here are some additional resources:

- ✓ Seasonal Affective Disorder - National Institute of Mental Health (NIMH)
- ✓ What are "Holiday Blues" and How to Deal With Them? | Psychology Today
- ✓ Best Health Advice of 2023
- ✓ How to Have Healthier Holidays in 1-2-3! | Healthy Weight and Growth | CDC
- ✓ Heart_Happy_Holiday_Guide.pdf

Have you explored our Workplace Wellbeing resources page?

We offer a variety of tools and resources to support your workplace wellbeing program. For guidance on supporting the wellbeing of your employees and creating a culture of wellbeing at your workplace, contact your dedicated wellbeing consultant, account manager or broker to schedule a complimentary workplace wellbeing consultation. Visit Workplace Wellbeing Resources | Employers | Excellus BlueCross BlueShield for more information.