



Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise.
The presentation will begin promptly at 12:00 PM PST.

Call-in number for audio: 1-669-444-9171
Conference Code: 978 1822 1181



Holiday Self-Care Essentials

Presented by: Lora Maloof-Miller, MPH, CHES

Webinar host: Kristen Kaila, MPH

Las dispositivas están disponibles en español si las solicita.

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.

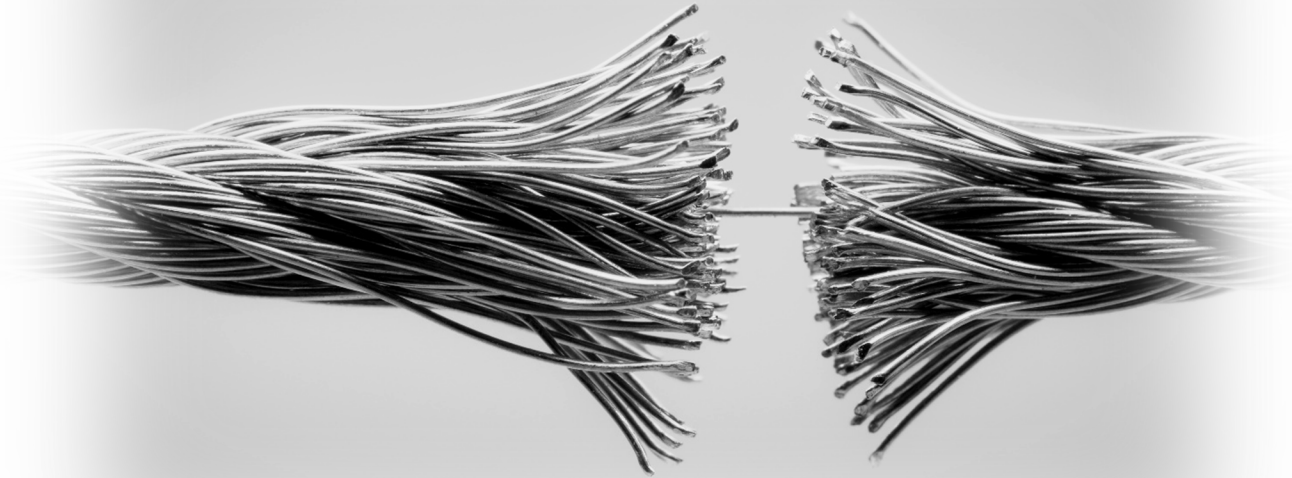
Overview

- Manage holiday stress
- Maintain your healthy habits
- Strategies to protect your mental health
- Self-Care strategies
- Creating your self-care plan



Use the Chat -

What is the biggest holiday stressor for you?



Common Holiday Stressors



CAUSES OF STRESS DURING THE HOLIDAY SEASON

Nearly nine in 10 U.S. adults say something causes them stress during the holiday season



The 10 Most Commonly Reported Sources of Holiday Stress

Spending too much or not having enough money to spend



Finding the right gifts



Missing family or loved ones



Having too much to do



Feeling pressure to make the holidays special



Food- or alcohol-related issues



Not being able to spend time/be with family or loved ones



Experiencing or anticipating family conflict



Feeling left out or excluded



Traveling



Managing Holiday Stress

Feel the feelings.

Reach out.

Be realistic.

Put disagreements aside.

Budget.

We need a plan.

“No” is an acceptable answer.

Maintain healthy habits.

Take a break.



Maintain your Healthy Habits

Keep up physical activity.
Start with a healthy breakfast.
Watch the seasonal sweets.
Get those Zzzzz's.
Everything in moderation.
Consistency is key.



Grief Support: Holidays and Loss

- Know your physical and emotional limits
- Grieve at your own pace
- Connect with others in similar situations
- Express your feelings
- Permission to slow down
- Grief is a reflection of love



Signs You Might Need Self-Care

Physical symptoms

Emotional/Behavioral symptoms

Sleep issues/fatigue

The holiday blues



Self-Care Strategies

1. Physical self-care
2. Emotional/mental self-care
3. Social self-care
4. Financial self-care
5. Schedule downtime

Use the Chat -

What will you do to care for *you* this season?



A close-up photograph of a Zen garden sand art. The sand is light-colored and has been raked into concentric circles and vertical lines. Three smooth, grey, speckled stones are placed on the sand: one in the center of the concentric circles, one at the top, and one at the bottom. The background is a plain white surface.

Grounding Techniques to Reduce Holiday Stress

- ❖ Deep breathing
- ❖ Connect with your senses
- ❖ Progressive muscle relaxation
- ❖ Visualization
- ❖ Short physical activity
- ❖ Spend time in nature

Let's Try It: Grounding Exercise





Self-Care Plan

1. Less is more.
2. List the non-negotiable items.
3. Set realistic expectations.
4. Use your calendar. Set self-care appointments.

Start today - Three things you'll say "yes" to and three things you'll say "no" to this season.

Use the Chat -

What self-care strategy
are you excited to try?



Key Takeaways

- ❖ Manage Holiday Stress
- ❖ Maintain Healthy Habits
- ❖ Support Mental Health & Grief
- ❖ Self-Care Strategies
- ❖ Grounding Techniques

Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

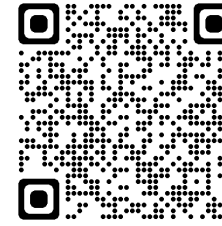
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit® by Sharecare

Tobacco Cessation Program



[Kick It California – Home](#)

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now® by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management

- Weight Watchers



Chiropractic/acupuncture services and more

- Choose Healthy
- American Specialty Health



Hearing aids and screenings

- Nations Hearing



Fitness club discounts

- Active&Fit

Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

Nutrition

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Upcoming Wellness Webinar

Unified Self:
(How to Unite Mind/Body/Spirit)

November 19th, 2025

12pm-12:45pm pacific time

THANK YOU FOR YOUR TIME TODAY!
