



Health & Wellness Newsletter



Winter Health Tips

With the cold weather we find that the air outside and the heat inside can cause your skin and lips to chap or crack. Drink water, use lotion, and even some lip balm. Choose products that include petrolatum, essential oils, or glycerin for the best help for cracks and splits in your skin. Remember the humidity is low both outside and inside during winter and with the lack of vitamin D from the sun, our natural anti-inflammatory options are at a low. Be sure you are grabbing the right moisturizer right after showering, look for less irritation by choosing fragrance-free products, and don't over exfoliate. Consider incorporating a humidifier in your home along with those wonderful yummy smells of cinnamon and crock-pot soups! Stay hydrated and healthy.

Staying Safe and Prepared in Winter

Be prepared when winter storms and cold temperatures hit. Ensure your home is ready with winterization which includes checking your filters in the heating system, smoke and carbon monoxide detectors, and outdoor water sprinkler lines. Prepare your vehicle with an emergency [to go kit](#). Be [2 weeks ready](#) and you will find that you feel less stressed when the weather is predicted to be a bit uncomfortable for a while.

Prepare your vehicle with maintenance before you need it. Service the radiator and check the antifreeze levels. Look at the tread on your tires. Is it a time for a new set? Keep the gas tank filled to avoid ice in the tank and fuel lines. With gas prices low right now, it's a good time to stop by the local gas station. Have an emergency kit in your vehicle with things like a flashlight, batteries, first-aid, and a blanket. You never know when something might happen so grab an extra bottle of water to put in there too. Be prepared ahead of time.

Easy Vegetable Soup

- Chopped Carrots..... 2
- Chopped Zucchini 2
- Chopped Pumpkin.....1/2 cup
- Corn.....1 cup
- Butter.....1 tablespoon
- Water.....3 cups
- Bay Leaf 2
- Cinnamon Stick.....1
- Thyme Sprig.....1
- Cloves 3
- Salt & Pepper.....to taste

Directions: Heat butter in deep pan. Sauté vegetables on medium for 2 minutes. Add water and herbs. Cook for 10 minutes. Serve.



Health & Wellness Committee

The local Health & Wellness Workgroup meets twice a year and has representatives at each location. Contact Micky Dryden if you don't know who your contact is, or you are interested in promoting health & wellness at your location.

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5, 4, 3, 2, 1: Relaxation Technique

[Betty Erickson's Induction](#) known as the "5-4-3-2-1" Relaxation Technique offers us the opportunity to re-center ourselves when stress starts to build. Here we offer you the method with a twist on the countdown:

5. Start with five things you can see around you.

4. Then, what are four things you can touch?

3. Find three things you can hear.

2. What are two smells around you?

1. Name one thing you are grateful for.



Try to keep what you identify as things that are in the moment. Think about what your environment offers you at this time. If you do this then the moment is real and helps you to recognize where you are in this moment. Try it and see if it helps you too!

WebMD Health Services

Did you know that [WebMD](#) is available to you at no cost? They offer podcasts, e-books, videos, tutorials, and many other resources on how to maintain your health and well-being.

Start the year off right by adding ten minute sessions to your day for a quick stretch at least once a week. The [2023 Energizer Series](#) is a great way to challenge yourself to take a break during your work day.

[Log in](#) to today to see what might help you improve your workplace wellness.

healthy
you

Dealing with Stress During Winter Months

There is a lot of focus on dealing with stress during the holidays, however, like most of us know, it can seem to last a bit longer than that. Winter time, with the weather and rain, makes it so we do not get outside to get that much needed sunshine we all crave. It feels much better to stay curled up in blanket on the couch with something to read or a movie to watch. [Oregon's Public Employees' Benefit Board \(PEBB\)](#) offers us tons of wellness programs to keep us on track.

If you feel that you need to speak to someone for depression or any other issues related to the winter blues, you may choose to reach out for [24/7 Emotional Wellness Support](#) by calling Canopy at [1-800-433-2320](#) or through their [website](#). You can text "Hi" to 1-503-850-7721 to speak to a coach to make you feel better. The website offers a learning center with relaxation and meditation, sleep assistance, and even ways to practice listening techniques. Emotional wellbeing is important and when we take steps to reach out when we need an extra boost, it helps us to get through the downtimes. Everybody has them, so knowing where to go for help is a good thing.

Word Search:

Boots	Sled	White				
Cozy	Icy					
N	D	E	L	S	H	Z
Y	Y	F	S	W	M	Y
M	O	Y	T	H	A	Z
W	C	Z	O	I	X	O
I	C	C	O	T	T	C
M	O	F	B	E	H	M
S	J	B	H	W	V	D

Balance Challenge:

1. Single Leg Stance

Feet hip-width apart, hold onto a counter, lift one foot off the ground.

2. Foot Taps to Step

Stand tall, feet together, hold onto a counter, point one foot in front of you off the ground.

3. Squats

Feet hip-width apart, hold onto a counter, squat down like you are going to sit down.

4. Heel Raises

Feet hip-width apart, hold onto a counter, lift both feet up onto your toes.

How many were you able to do?

Wellness Tools Quick Links

- [Salem community Farmer's markets](#)
- [OregonPositivity.org](#)
- [No-cost preventative health services](#)
- [Northeast Oregon Community Connection](#)
- [Wellness Plan Guidance for 2020-2022](#)