



Update

December 2017 Newsletter

Monthly Webinar Series: Emotional Composure

Dec. 19, 3 p.m. ET

Join a subject matter expert for a 45- to 50-minute presentation followed by a live Q&A session.

Acknowledging emotions and understanding your personal stress style is the first step in beginning to control them. In this session we will discuss a selection of customary stressors as well as techniques for exercising control over them.

1. Visit www.upmhealthplan.com/members and log in.
2. On the left-hand navigation pane, click on **Life Solutions**, then **Dashboard**.
3. Click on the link under **Work-Life Resources Portal** in the *Featured Resources* box.
4. Click on **Webinars**.
5. Locate the webinar title and click the registration hyperlink.

12 Ways to Keep the Holidays Stress-Free

The holidays are supposed to be a time of warmth, joy, and excitement. And for many people they are.

Still, the anxiety of having too much to do in too little time, the pressure of unrealistic expectations, and the tendency to overeat and overspend can easily overshadow holiday happiness. The following suggestions will help you enjoy the season to its fullest with a minimum of stress.

In this month's [feature article](#), learn how to eat, shop, and party smart for the holidays.

Winter Wellness

In addition to your yearly flu shot and other preventive measures, a healthy, well-rounded diet can help to boost your immunity during the winter months. [Click here](#) to learn more.
