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DECEMBER 2026 WELLNESS NEWSLETTER

CREATIVE CONNECTIONS

Being creative is a cherished part of many peoples' lives. This month's theme explores ways to support and appreciate the creativity of family and friends, and the "arts" in your community. If you exchange presents this time of year try making a gift.



Creativity is more than making art; it is giving yourself permission to pause, explore, express, and discover. The magic is in the making itself.

DECEMBER FEATURED ARTICLES

CREATIVE CONNECTIONS

NURTURE YOUR CREATIVITY

ART THERAPY

HABIT STUDIO: ZEN ART

MONTHLY VIDEO





ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

TAKE A BREAK FOR CREATIVITY

Whether it be Zen art, origami, watercolor painting, working with clay, making a kindness rock, building a collage or even painting a full wall mural set aside time to create just like you would to workout or read a book.

BEWELL@WORK WORKSHOP

December 15th @ 11:00am to 11:30am

Join us for a **"Mindful Eating"** workshop and turn off "autopilot". Have you ever caught yourself finishing a meal without being aware of actually eating? Then this workshop is for you!

Topics include:

- Benefits of mindful eating
- Practical tools for mindful eating
- Navigating challenges

REGISTER



Check out all of our past and future workshops and webinars here. Register today!

Creative Connections

Being creative and artistic is a cherished part of many peoples' lives.

Art is anything created with imagination and skill that evokes appreciation, awe, or inspiration. Find ways to support and appreciate the creativity of family and friends, and the "arts" in your community.

Encourage them to follow their creative passions. Allow them time and space to focus on their art. Celebrate their creations.



Attend art and museum exhibits, performances, and concerts.



Work on your creative projects together with other creatives.



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Nurture your creativity

Creative outlets are one enjoyable way to manage stress. In fact, people who engage in creative pursuits may be less likely to feel stress, anxiety, or depression.



If you need a healthy way to reduce stress, get creative! Here are some tips to tap into your creative side.



GET INTO NATURE

Time spent outside has many benefits, from calming anxiety to helping you feel more inspired and creative.



READ MORE

Books are a simple way to explore new ideas and spark your imagination. It's no coincidence that many of the most creative people are also avid readers.



GET 8 HOURS OF SLEEP

It's hard to be creative when your brain is tired. If you need a creativity boost, try going to bed a little earlier.



MAKE TIME TO BE ALONE

If you spend all your time busy and surrounded by people, it can leave you feeling drained. Find some peace and quiet to chill out.



CREATE SOMETHING

Pick a crafting medium and make whatever comes to mind. Focus on the process and enjoy being creative.



LEARN SOMETHING NEW

Take up a new hobby, meet someone new, travel, or explore. Anything that introduces new ideas and skills can enhance creativity.

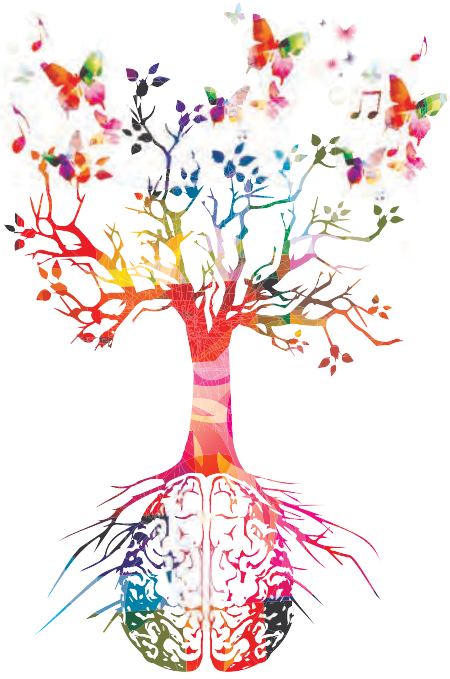
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Art therapy:
Effective stress buster

Engaging in activities that relax the mind and body is an essential tool for stress management. For many people, creative expression provides the perfect outlet to release stress.



Art therapy is a relatively recent addition to the field of stress management and mental health treatment. A professional art therapist uses the creative process to build resilience and encourage self-expression and awareness.



Your doctor or mental health team may recommend art therapy to manage stress, anxiety, or depression. You can also enjoy some of the benefits by creating your own opportunities to express yourself creatively.

- Pick up an artistic hobby such as drawing, painting, or pottery
- Take an art class
- Try coloring
- Get into nature and draw or take photos
- Write a story
- Play an instrument or sing
- Turn on some music and dance

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THE HABIT STUDIO: Creative Connections

with Justina Reichelt, MBA, NBC-HWC, ACSM EP

Drawing significantly lowers cortisol (the primary stress hormone) and activates the brain's reward pathway in a remarkably short amount of time. A well-known 2017 study published in Art Therapy found that just 45 minutes of creating art lowered cortisol levels for nearly 75% of participants, regardless of prior art experience. It serves as a physical and mental reset.

During the busy holiday season let the marker guide you. I invite you all to practice a quick way to shift awareness, be in the present moment, and explore the art of letting go of judgements. Engaging in Zen art offers a powerful mental reset by shifting your focus away from daily stressors and anchoring you entirely in the present moment through repetitive mindful movements. This creative practice quiets an overactive nervous system, helping lower cortisol levels and induce a state of calm like meditation. Ultimately, it provides a gentle, low-pressure outlet for self-expression that fosters awareness.

TAKE A BREAK FOR CREATIVITY

Watch this quick video with Create & Meditate with Jayme for guidance on how to get started.



ZEN ART OFFERS A POWERFUL MENTAL RESET BY SHIFTING YOUR FOCUS AWAY FROM DAILY STRESSORS AND ANCHORING YOU ENTIRELY IN THE PRESENT MOMENT…

HOME

HealthyLife® *Live*



Mindful Eating

Turn Off "Autopilot"

Have you ever caught yourself finishing a meal without being aware of actually eating it? If you are ready to turn off this autopilot-style of eating and turn on more mindful eating, this workshop is for you!

Explore how to cultivate more enjoyment, self-awareness, and connection through food and eating experiences. This workshop will offer practical tools for savoring each bite, recognizing hunger and fullness cues, and feeling more present at mealtimes. Watch this approach transform your well-being, one mindful bite at a time! Topics include:

- Benefits of mindful eating
- Connecting with yourself and others through food
- Practical tools for mindful eating
- Navigating mindful eating challenges

DATE: Tuesday, December 15th, 2026

TIME: 11A.M - 11:30A.M.

LOCATION: ZOOM

CLICK HERE

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