

JANUARY 2026 WELLNESS NEWSLETTER

THE POWER OF CONNECTION

Connection is about supporting one another, sharing strengths, and building a shared humanity. This month's theme explores enhancing connections with family, friends, coworkers, and your community to support healthy habits.



"Loneliness is a biological signal indicating that we need human connection, just like thirst is a signal telling us that we need water."

Jeremy Nobel, MD, MPH, Harvard T.H. Chan School of Public Health

JANUARY FEATURED ARTICLES

GET SOCIAL TO BEAT STRESS

HEART CONNECTIONS

A LIFESTYLE, NOT A DIET WORKSHOP

MONTHLY VIDEO



ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

Reach Out

Call, text, email, or visit a friend today. Let them know how much they mean to you.

Volunteer

Be a mentor for a child. Deliver meals on wheels. Volunteer your time at your library, local senior center or school.

Take a Class

Expand your social network by enrolling in a class that interests you. Try something new like dancing, painting, sports, or a book club.

BEWELL@WORK WORKSHOP

Join us for **"A Lifestyle, Not a Diet"** on
January 26th 11am to 12pm

This interactive workshop invites participants to create and change habits. Participants will practice being more aware of what serves their lifestyle goals and explore ways to create healthy routines that feel natural to follow.

REGISTER



Check out our **Blue Sky VT DaysSM** to learn more about free events for all Vermonters- 2026 Snow Days!



Get social to beat stress

Spending time with other people is good for your health. Quality relationships make you more resilient to the effects of stress and help you cope with life's challenges. Connecting with others can also bring more joy to your life.

Humans are not meant to go it alone. Be proactive in connecting with family and friends to protect your mental health and the health of your loved ones.



PHONE A FRIEND

Sometimes, the easiest place to start is to pick up the phone and call someone you care about. Whether you talk about what's bothering you or simply chat about current events, connecting with another person is an easy way to lift your mood and help you feel better.



USE TECHNOLOGY

Text, email, and video chats are all low-pressure ways to connect with your support system. Stress can make even the simplest tasks feel overwhelming, so use technology to your advantage. Get a conversation going via text or email to share how you are feeling.



VOLUNTEER

Donating your time to help a good cause is a great way to give back. This also helps build a new support network. Working alongside others who share your passions provides an outlet for your skills and a chance to connect with new friends.



TAKE A CLASS

Expand your social network by enrolling in a class that interests you. Engaging in an enjoyable hobby while meeting others with the same interests is a powerful way to reduce stress. Try something new like dance, painting, sports, or a book club.



SHARPEN YOUR SOCIAL SKILLS

Not everyone feels at ease in social situations. Connecting with others may take practice and repetition. While it can feel awkward at first, your social skills will grow with every effort to spend time with others. Practice asking good questions and expressing interest in those around you.



SEEK HELP

Loneliness is bad for your mental health. If you find yourself unable to form quality relationships, seek the help of a mental health professional. No one should struggle alone, and a qualified healthcare professional is a safe, first step in building the support system you need.

Having meaningful social connections make a difference in preventing and managing many chronic diseases.

Participate in neighborhood events or join a group, club, or class related to an interest or hobby.

A Lifestyle, Not a Diet

Build your lifestyle, one habit at a time

Walking your dog or snacking on fruit are examples of everyday habits that support your well-being. On the flipside, you may also have daily habits that get in the way of having a healthy lifestyle. If so, this presentation is for you.

With a focus on eating habits, this presentation will invite you to explore how to form new habits and how to change habits using the “habit loop.” You will also have an opportunity to practice a mindfulness exercise to help become more aware of what serves your personal sense of well-being:

- Big Picture Well-Being
- How Weight Fits In
- Building Habits:
 - A Helpful Environment
 - Noticing Cues & Rewards
 - Overcoming Barriers
 - Health-Promoting Daily Routines

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