



EVERYDAY WELLBEING

December Is The Month for:

- World AIDS Day
- Self Care & Mindfulness

What is World AIDS Day?

World AIDS Day takes place on December 1st each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

Why is World AIDS Day Important?

Globally, there are an estimated 38 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS related illnesses, making it one of the most destructive pandemics in history. World AIDS Day is important because it reminds the public and government that HIV has not gone away - there is still a vital need to raise money, increase awareness, fight prejudice and improve education.



WORLD AIDS DAY

For more information, including what you can do to help support, visit

<https://www.worldaidsday.org/>



What is Self-Care?

Self-care is the practice of taking an active role in protecting our own well-being, pursuing happiness, and having the ability, tools, and resources to respond to periods of stress so that they don't result in imbalance and lead to a health crisis. Self-care means asking yourself what you need, and following through on the honest answer. Self-care can be as simple as getting to bed earlier on a work night, or as hard as taking a look at some of the habits you've created for yourself and their long-term effects.

What is Mindfulness?

Mindfulness is the practice of becoming more fully aware of the present moment—non-judgmentally and completely—rather than dwelling in the past or projecting into the future. It generally involves a heightened awareness of sensory stimuli (noticing your breathing, feeling the sensations of your body, etc.) and being "in the now."

If you are experiencing thoughts that cause great discomfort or unease, it might be time to begin a mindfulness practice to support coming back to the here and now, which can significantly reduce your level of stress.

For more information, visit
<https://www.mindful.org/>



healthy mind, healthy life

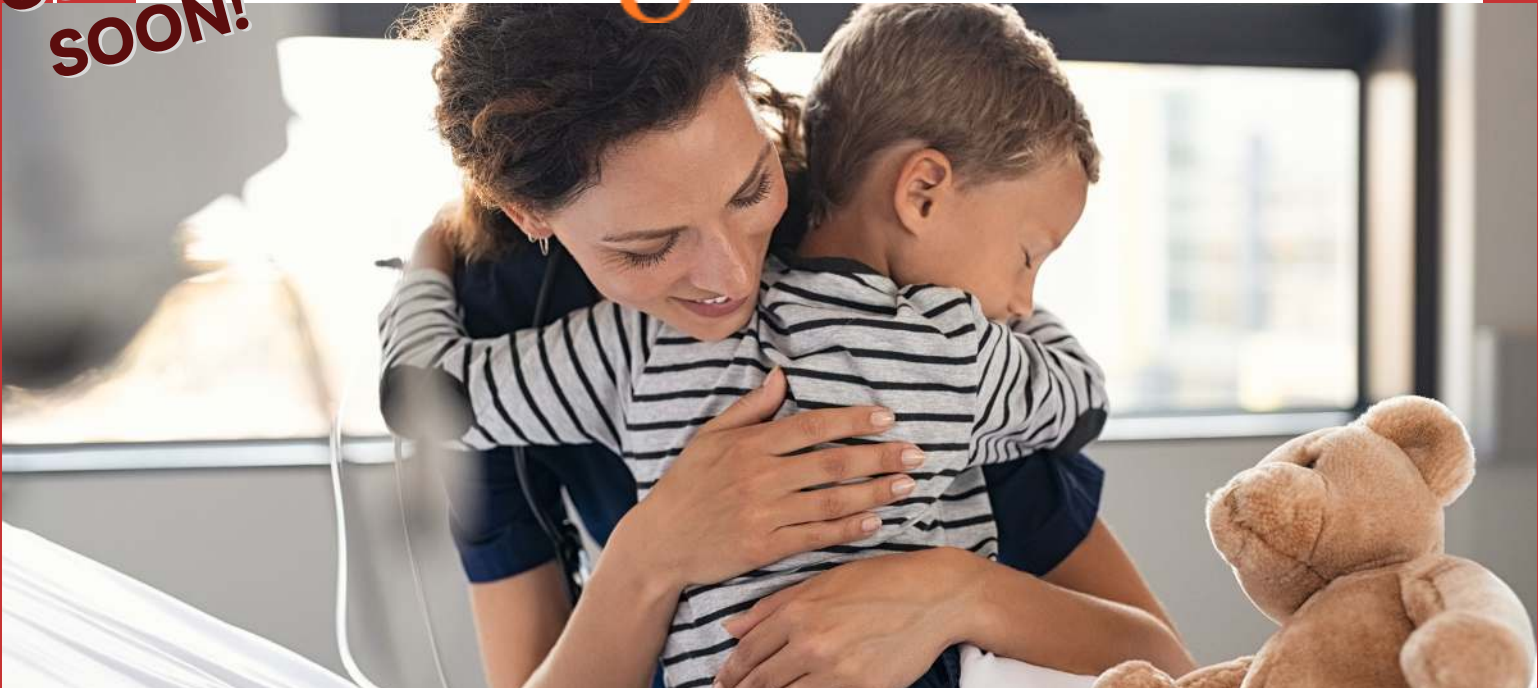
Mindful celebrates mindfulness,
awareness, and compassion in all...

[mindful.org](https://www.mindful.org/)



**NEW
PROGRAM
COMING
SOON!**

brightline



Beginning January 1, 2023, Aetna is offering a new virtual behavioral health benefit through a partner vendor (Brightline) that addresses pediatric behavioral health. This solution is specifically built for families, children, and teenagers ages 3 up to 18 years.

This benefit offers Coaching (virtual coaching by Brightline's participating network providers) and Connect+ (texting, videos). The areas of care include sleep hygiene, ADHD, tantrums, anxiety, depression, trauma, speech therapy, organizational challenges, and conduct disorders.

For more information, including how you can sign up for this benefit, download this brochure [Brightline Program Brochure](#) or visit hellobrightline.com/aetna



HEALTHY EATING

During The Holidays



The holidays are full of family, friends, great food, and great memories. But they aren't always compatible with a healthy lifestyle. When the holiday season rolls around, it's easy to get a little lax on the healthy eating and exercise that we typically maintain.

Coupled together, all those festive parties and the stress the holidays can bring, can mean a hit to our overall well-being from November to New Year's. But it doesn't have to be this way. Fortunately, with a few tricks, it's possible to maintain a healthy lifestyle year-round.

Here are 12 tips to help you eat healthy during the holidays.

1. **Plan ahead and make a list of the healthy foods you want to eat during the holidays.**
2. **Choose a variety of colorful fruits and vegetables to include in your meals and snacks.**
3. **Opt for whole grains like brown rice, quinoa, and whole grain bread and pasta.**
4. **Incorporate lean protein sources like chicken, turkey, fish, tofu, and legumes into your meals.**
5. **Drink plenty of water throughout the day to stay hydrated.**
6. **Limit your intake of sugary drinks and cocktails and opt for water, unsweetened tea, or low-fat milk instead.**
7. **Use healthy fats like olive oil, avocados, and nuts in moderation to add flavor to your meals.**
8. **Choose healthier snack options like raw vegetables, fruit, and whole grain crackers with hummus instead of high-fat, high-sugar treats.**
9. **Try to get at least 30 minutes of physical activity each day, even if it's just a brisk walk around the neighborhood.**
10. **Take a few minutes to relax and de-stress each day, whether it's through meditation, deep breathing, or a warm bath.**
11. **Make sure to get enough fiber in your diet by including foods like beans, whole grains, and vegetables.**
12. **Consider incorporating plant-based protein sources like tofu, beans, and nuts into your meals as a way to reduce your intake of animal protein.**





AIG Retirement Services

You're invited to a virtual workshop

Register now to attend a free educational workshop conducted by a knowledgeable professional on the financial topics that are important to your future.

Reserve your spot today!



<https://my.valic.com/seminarregistration/availableseminars.aspx?regcode=NAPWA11VY>

Topic: Your Retirement Plan at Work

Dates: Monday, December 26th

Thursday, December 29th

Time: 6:00pm – 7:00pm

Topic: Social Security and Your Retirement

Dates: Wednesday, December 21st

Wednesday, December 28th

Time: 6:00pm – 7:00pm

Questions? Here's who to call:

Darrin Miles

Financial Advisor

Cell: 201-441-0435

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Mount Laurel, NJ 08054





LOOKING AHEAD

Here's a sneak
peak at what's to
come in the next
issue:

- Everyday Wellbeing: January & February
- New Program: Vital Check
- Spring - Student Verification
- Spotlight on: Healthy Actions 2023