

FROM US TO YOU...MAY YOUR HOLIDAYS BE HEALTHY



POURING FROM A FULL CUP

Taking care of yourself to take care of others

SELF-CARE TIPS FOR JOYOUS HOLIDAYS

"Self-care is seen as a guilty pleasure, a one-time or once-in-a-while feel-good luxury instead of an individual and organizational necessity. It's time to change the status quo". The Happy Healthy Nonprofit

While our name changed this year our annual holiday self-care newsletter has not (well some minor updates). This Glance will provide information on self-care, resources, and how to set goals.

This holiday season treat yourself by taking care of yourself.



WHAT IS SELF-CARE AND WHY IS IT IMPORTANT?

Self-care is personal actions an individual takes to prevent illness or improve health. Often times it is defined as measures taken during times of stress or unhappiness. To better care for oneself these actions should be part of one's regular routine to prevent illness and reduce stress. For working adults the practices of self-care have been shown to improve work performance, reduce absenteeism, reduce healthcare costs, boost moral, and strengthen personal and professional relationships.

Beyond a Spa Day, Simple Tips to Transform Your Self-Care written by Laura Ambrosio is a great blog post that includes the image below and helpful tips to help up your self-care game! To read the full blog visit: <https://www.iabmfg.com/blog/s/blog/improve-the-7-areas-of-self-care>.

Financial

Emotional

Physical

Intellectual

Spiritual

Social

Recreation



HOW CAN YOU PRACTICE SOME SELF-CARE TECHNIQUES THROUGH CONNECTS?

Join the 570 GO Challenge. 570 Get Outdoors encourages participants to spend 570 hours outdoors from May 2024 to May 2025.

Don't let a late start or the cold temperatures stop you from joining the challenge.

Download the worksheet, write the date you start and do your best. Turn in your worksheet in May, whether you hit 570 hours or not to receive an incentive prize.

Also prepares you for the 2nd round starting in May 2025.



How to play:

- *Download the 570 GO tracker worksheet found on our events page at www.schuylkillconnects.com/events/570-go-challenge
- *Or save ink and pick up a tracker at a participating location listed in the above event.
- *Each block equals an hour.
- *Getting outdoors means something different to everyone. If it is spending time outside for something other than work it counts! Honor system in play. See tracker sheet for GO ideas.
- * Turn in your tracker by May 31, 2025 to receive a prize (prizes will be available after all sheets are collected).



NEW YEAR, NEW YOU

2025 is days away!

January is often a time to set resolutions. According to Healthstats.blog, about 41% of people make New Year's resolutions. By June, 44% are still keeping their resolutions and by year-end only 8% report they have kept their personal promises!

Want to try and defy the odds? Consider setting goals instead of resolutions.

Make the goals reasonable and attainable. Think small and achieve big. Some of the top resolutions include losing weight, saving money, quitting a bad habit, or getting organized. What if we made mini resolutions (goals) like eat one more serving of fruits or vegetables a day, increase exercise by 10 minutes a day, research cessation services, clean out an area for 10 minutes a week.

Check in with your goals monthly or quarterly instead of annually and adjust accordingly.



Health Schuylkill Communities is a Connects project supported by Lehigh Valley Health Network and generous donations.

A **S.M.A.R.T.** goal is planned, concise, and trackable objective.

Specific: the who, what, when, where, and why

Measurable: how much/often, progress indicator

Achievable: goal is reasonable enough to reach, attainable

Relevant: meets your needs, consistent with other goals

Time-based: time limit, end date

Visit our latest blog post for more info on S.M.A.R.T. goals.

<https://www.schuylkillconnects.com/blog/2025-smart-goals>



IN OTHER NEWS



In case you missed it in this newsletter or elsewhere, we have gone through a name and branding change!

This decision was made to better align with our mission of connecting communities and resources to create a better Schuylkill County.

While the name has changed a lot of our work has not. We are making some changes to streamline and work more efficiently.

Learn more at www.schuylkillconnects.com

PARTNER NEWS

Connects assists Lehigh Valley Health Network with their Community Health Needs Assessment (CHNA). The CHNA is an Affordable Care Act assessment required of all nonprofit healthcare systems and is conducted every three years.

The Community Conversations are your opportunity to provide feedback and guide their care and interventions.



Your input matters Join a Virtual Community Conversation

Lehigh Valley Health Network (LVHN) is conducting a Community Health Needs Assessment. The purpose of the assessment is to learn about social and health needs in your community, and to use the information gathered to guide our care and interventions. One way we gather information is by talking to community members like you.

January 6, 2025 at 10am or 3pm
Via Zoom

RSVP: Complete online registration: <https://forms.gle/bHKZqPknPZacjug58>
Or email mfitzpatrick@schuylkillconnects.com phone: 570-622-6097

**SCHUYLKILL
CONNECTS
WISHES YOU A
HAPPY AND
HEALTHY
HOLIDAY SEASON!**



Connects' office will be closed to the public
December 23, 2024 - January 6, 2025