

# Solutions

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## Exercise Your Way to a More Positive Mindset

Exercise offers well-known benefits for physical and mental health, but there's another reward worth noting: a brighter, more positive mindset. When you're tired, unmotivated, or tempted to postpone your workout, it's easy to forget how energizing even a short session can be. Regular physical activity triggers the release of endorphins—your body's natural feel-good chemicals—lifting your spirits and reducing stress.

The more regularly you exercise, the more likely you are to trigger this effect. Beyond the immediate mood boost, exercise fosters a sense of accomplishment, improving your outlook and building resilience. Remind yourself of this payoff. You may discover that an upbeat mindset is your greatest reinforcement for improving your health through regular exercise.



## Stress Tips from the Field: Manage Stress with the 24-Hour Rule

The “24-Hour Rule” is one of the most powerful stress management techniques. When stress is overwhelming, this mindset encourages you to focus only on what you can handle or control right now and avoid focusing on worries until tomorrow.

This approach allows you to categorize your concerns, giving your mind the space to process immediate challenges without the added burden of future uncertainties. Limiting your worry to a specific timeframe creates a psychological buffer that can significantly reduce anxiety and improve your overall well-being. Consider your past; how often have you experienced extreme worry over a moment or circumstances you had no solution or control? And still, here you are today with those things now in the distant past—many of which you can't even recall!

In the moment, it is easy to forget this stress management technique that relies on the reality that circumstances change, solutions emerge, and perspective shifts. And if one day at a time feels too harsh, try taking it one hour at a time.



## Get Unstuck from a Rut

Most employees feel secure in their jobs but are stuck and unable to move up. Feeling stuck can be emotionally draining, reduce productivity, and negatively affect your life outside of work. Please don't stay in this indeterminate state because it can lead to long-term dissatisfaction and even health consequences. Take proactive steps to get some happiness back and overcome your feelings of stagnation.

Set goals for yourself despite your current status. Identify what part of your job you like best and focus on building your expertise there, or even focus on courses to develop additional skills, volunteer opportunities, and mentorship. Connect with coworkers with whom you have good chemistry. These positive interactions can give your job more meaning. Pursue hobbies, side projects, or community involvement initiatives that bring joy and a sense of achievement. Don't just leave work; go home and hit the couch. Instead, take action to cultivate a fulfilling and more dynamic life. This includes reaching out for EAP help. Source: [www.glassdoor.com/blog/worklife-trends-2025/#Trend1](http://www.glassdoor.com/blog/worklife-trends-2025/#Trend1)

## Breaking Free from Holiday Perfectionism Stress

It's impossible to avoid images of holiday perfectionism—Hallmark® movies, flawlessly decorated homes, stacks of presents, and idealized family gatherings. If you are looking for less stress this year, the secret is redefining what perfect means. Shift your focus from flawless decorations, meals, and gifts to meaningful connections and personal joy.

This means asking yourself what truly matters this season and letting go of the rest. Instead of preparing a holiday dinner that takes three days, plan something manageable and delegate it. Resist the pressure to attend every event. Go for the experiences, not the things. Instead of focusing on picture-perfect moments, consider the perfectly joyful ones not wrapped in a bow—laughter, connection, and some moments of peace.



## Reducing Holiday Financial Stress

Holiday cheer is often followed by post-holiday “jeer” when credit card bills come due. If you are inclined to overindulge in purchases, especially for loved ones, here are a few tips to reduce post-holiday bill shock. Decide who will get a gift, and who can receive your sentiments in another way. Recruit your family—use a team approach to buy into cutting back. Don't be tempted by shopping deals that excite you to spend more, credit offers, or bulk deals you don't need.

When shopping online, enter the keyword of a gift item you are considering and click the “images” tab at the top of your browser. You will discover numerous images of the same item displayed by competitors—both online and at stores nearby. Now, shop by price. This trick to online shopping can lead to significant savings. Track holiday spending—it's a restraining tactic to curtail buying on impulse. With these clever changes in spending, you will enjoy the holidays more and keep mindful spending habits year-round.

Source: [www.henryford.com/services/sleep-disorders](http://www.henryford.com/services/sleep-disorders)

