



## New Year's Resolutions

- \*Spend more time with family & friends
- \*Stay fit & healthy
- \*Lose weight
- \*Quit smoking
- \*Enjoy life more
- \*Fall in love
- \*Spend less, save more
- \*Learn something new & exciting
- \*Help others often
- \*Get organized
- \*Spend less time on Face book & Twitter
- \*Think before you speak
- \*Reuse & recycle
- \*Take ownership of your health

## Making it Stick

- \*Start small
- \*Be realistic
- \*Outline your plan
- \*Make a "pro" and "con" list
- \*Reward yourself
- \*Track your progress
- \*Talk about it
- \*Stick to it
- \*Keep trying

*Discover new ideas and visions for 2017. What's on your list of dreams and what are your goals?*

## HYGGE ("hoo-ga")

I'm sure you are saying what is this all about! So what is hygge? Hygge is a word used in Denmark to describe a feeling of coziness, contentment, and enjoying the good things in life with good people around you. It's the absence of anything annoying or emotionally overwhelming, taking pleasure from the presence of gentle, soothing things.

Research shows that people who are able to be kind to themselves rather than harshly self-critical tend to have better mental health and higher life satisfaction. Hygge boosts your own wellbeing! It's the pursuit of everyday happiness like a hug without the physical touch.

How can you embrace hygge?

- Create a soft, warm glow with candles and lighting.
- Wrap up in a cozy blanket; relax with a good book and hot coffee, tea or cocoa.
- Spend time with family and friends without the distraction of technology.
- Experience nature! Those who exercise outdoors are more likely to stay consistent and will burn 10% more calories.
- Go hiking in a park or forest. It will lower stress levels, increase your energy, boosts self esteem and makes you feel less angry. Don't forget picnics!
- Enjoy a meal with your family EVERY DAY.
- Hygge is about experiences, not stuff.
- Enjoy the simple, homemade, hand crafted things in life.
- Be kind to yourself.





## Cold or Flu?

### Cold Symptoms

**Stuffy nose**  
**Sneezing**  
**Sore throat**  
**Cough**  
**Mild fatigue**  
**Slight body aches**  
**Rare to have a fever**

### Flu Symptoms

**Sudden onset**  
**Headache**  
**Fever of 102-104**  
**Severe body aches**  
**Long lasting fatigue**  
**Cough**  
**Chills**

### Seek Medical Care for

- Symptoms lasting more than 10 days
- Trouble breathing
- Swollen neck glands
- Persistent headache
- Fever lasting more than 3 days

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# Cold Weather and Heart Attacks

There is growing evidence that cold weather can increase the risk of heart attack. Why? Your heart requires more oxygen when it's cold to maintain body heat, cold weather makes blood vessels constrict raising blood pressure, and blood becomes thicker increasing the risk of clots.

### Risk Factors:

- High blood pressure or high cholesterol
- Smoking
- Stress
- Alcohol and a sedentary lifestyle
- Overweight by 30% or more
- Eating a diet high in saturated fat
- Type II Diabetes

Activities such as snow shoveling, walking through heavy snow, downhill and cross country skiing, and snow-boarding can strain the heart enough to cause a heart attack.

### Tips for Protecting Your Heart Before Shoveling Snow:

- Avoid shoveling snow immediately after you awaken in the morning
- Warm up with stretching exercises or walking
- Do not eat a heavy meal before shoveling
- Do not drink coffee or smoke for a least one hour before or after shoveling

### Tips for Protecting your Heart While Shoveling

- Use a small shovel to put less strain on the body
- Begin slowly and take frequent 15 minute breaks
- Drink plenty of water to stay hydrated
- Dress in layers, cover your head and neck

Watch for warning signs of a heart attack, lightheadedness, dizziness, shortness of breath, tightness or pain in chest, neck, arms or back. Call 911 if symptoms occur.

