

Health & Welfare E-Newsletter

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Teamsters Managed Trust Funds

MIND/BODY WELLNESS



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**LET'S LIVE IN
THE MOMENT**

Your mind and your body have more to do with each other than you might think. If one is hurting, the other could hurt, too. Rediscover the links between your mental and physical health and listen to your body for better overall health.



Channel your inner Om

Want to get fit, fight stress, and stay healthy? Try yoga. Some classes can be pricey, but once you know a few poses, you can practice almost anywhere.



Unplug and reconnect

Heavy tech users are more likely to report sleep, stress, and mood problems. But time spent with people you enjoy can bust stress and boost well-being.



Breathe easy

The way you breathe affects your whole body. Deep breathing is a relaxation tool you can do anytime – even right now – to feel clear, calm, and centered.

Stay true to you and keep moving in a healthy direction.

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Happier holidays: 8 stress-relief tips to the rescue!

This Holiday season, give yourself a thoughtful gift: less go, go, go and more peaceful glow.

We've wrapped up some of our best seasonal stress busters - just for you. In the weeks ahead, we hope they bring you comfort and inspiration to make this time about what matters to you.

1. Do less, enjoy more.

Too many festivities can make the holidays seem more like chores to complete than times to treasure. Remember, you don't have to say yes to every invite or activity. Pick those that mean the most to you and your family - and politely pass on those that just add stress.

2. Embrace meaningful mini traditions.

Think about what brings you comfort and joy. It might be as simple as lighting candles, sipping on spiced tea and thinking about your blessings. Or how about thumbing through old family holiday pictures?

3. Let go of your great expectations.

Striving for picture-perfect celebrations can create a perfect storm of stress. Remind yourself it's OK if the kids get cranky - and grown-ups too. Ditto if the gravy is a little lumpy. It helps to take your holiday lumps with a sense of humor.

4. Enjoy merry minutes with loved ones.

Memorable moments with family and friends don't have to involve oodles of time. What's going to warm your heart? Snuggle with your child while you read a classic storybook. Take in the neighborhood lights with your sweetie - or watch a holiday movie with your bestie. Surprise a faraway friend or relative with a call.

5. Keep the fun, toss the tedium.

Give yourself permission to rethink your approach to activities. Maybe you'd rather not be stuck in the kitchen for days. Skip the homemade cookies and pies - and order from the bakery instead. Do you dread wrestling with wrapping paper? Go green with reusable gift bags and boxes.

6. Spread a little cheer.

Look for opportunities to do small acts of kindness. You'll boost your own mood - and help others feel good too. Let the parent with a crying kiddo go ahead of you in line. Hold the elevator for someone. Bring a cup of coffee to a co-worker.

7. Resist the urge to overspend.

It can be easy this time of year to blow off budgets. But that can add up to post-holiday regret and stress. If finances are a concern, think about what's doable - and how you might control costs or scale back. Talking with loved ones openly about the situation may help too.

8. Take time for yourself too.

As busy as you may be, don't skip on self-care. That's a recipe for feeling ragged. Get your sleep. And try to squeeze in at least some exercise every day. It's one of the best stress busters around. You'll also feel better if you go easy on treats - and keep your energy up with smart food choices.



6 Reasons to Get a Dental Cleaning



1 Prevent cavities. Cleanings remove plaque, a sticky bacterial film that builds up on your teeth. This acidic substance can eat away at your enamel, eventually causing tooth decay.

2 Stop tooth loss. Plaque can irritate your gums, making them pull away. When your gums are unhealthy, your teeth can become loose and fall out.

3 Brighten your smile. Drinking coffee, tea and wine or using tobacco can stain your teeth. A dental cleaning can remove built-up stains and leave you with freshly polished teeth. The result? A whiter, brighter smile!

4 Freshen your breath. Good oral hygiene is the best way to prevent persistent bad breath. Even if you brush and floss regularly, getting a cleaning is a great way to keep your mouth healthy and odor-free.

5 Boost your overall health. Regular dental cleanings may help lower your risk for some diseases, like heart disease and stroke.¹

6 Save money. Under most plans, cleanings and exams are available at low or no cost. And by catching and treating problems before they worsen, you'll save money down the road.



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