



## Wellness in the Midst of a Busy Holiday Season

### LOOKING AHEAD...

#### MoveSpring December Challenge: Good Deed

This month we are challenged to spend time in the service of others by participating in four charitable events.

#### Get Rewarded for Meeting Your Health Goals

Eligible employees and spouses enrolled in the RCAB Health Plan can work with a wellness coach or care manager to meet their health goals.

#### Wellness Webinars

This month we learn how to prevent burnout, cope with loss, and get our finances in order for the new year.

#### The Recipe Corner

Fig & Goat Cheese Puff Pastry Roll: a sweet and savory appetizer for your holiday gathering.

*This newsletter will continue to include timely information on health and wellness but will also feature news, tips, and updates on a variety of benefits topics. If you would like to see a particular topic covered, send us your ideas at [benefits@rcab.org](mailto:benefits@rcab.org).*

The holiday season is typically a time of serving others and our community. Oftentimes most of us selflessly give from a cup that is half-full—or even empty at times. It's important to remember that service and self-care go hand in hand. Caring for others requires caring for ourselves too. Most of us lead busy lives, juggling several responsibilities. Recent studies show that more than 40% of us are burnt out. According to the [APA Dictionary of Psychology](#), burnout is defined as “physical, emotional or mental exhaustion, accompanied by decreased motivation, lowered performance and negative attitudes towards oneself and others.” It is most often observed in professionals who work in service-oriented vocations. While frequently associated with a stressful job, burnout can affect many areas of our lives and even cause health problems.

#### Symptoms of Burnout:

1. Fatigue: sleeping more often, feeling sluggish, or taking longer to complete simple tasks
2. Struggling to fall sleep and get out of bed
3. Zoning out, dissociating, or feeling numb
4. Difficulty focusing or memory trouble
5. Irritability
6. Constant headaches
7. Hiding and isolating yourself

There is an overlap in symptoms between burnout and depression. Burnout is a potential risk factor for developing depression. However, depression is a diagnosable mental health condition, whereas burnout is not. Burnout tends to be situation specific (e.g., work), whereas depression can come from various life issues. There are several methods to manage burnout, but as the adage goes, slow and steady wins the race. Start slow and try this **5-minute technique** to aid in recovery.

**Step 1:** Envision what your day-to-day might look like if you recovered from burnout. Get as specific as possible to create a clear vision—what would your morning or weekend look like.

**Step 2:** Pick one activity or task from your ideal day and do it for 5 minutes. The goal is not to finish that activity/task but to simply start it to help build momentum. The repetitive action of doing this activity/task each day builds the resilience and confidence we need to start feeling better.

**Step 3:** Slowly increase the length of time spent doing this activity/task to 6 minutes, 7 minutes, and so forth. Eventually you will be able to finish that activity/task and even be able to complete two tasks on the same day. The resilience and confidence you build over time will help you manage burnout, or hopefully, prevent it altogether.

It's important to note that burnout is not failure. It's a reminder that we need to attend to ourselves too. This holiday season, while you are busy running around, take a moment to self-reflect. Step back and go back to the basics. Prioritize restful sleep, enjoyable movement, nutritious food, and do something that brings you joy. Take time to nurture yourself mentally, emotionally, and physically, so that you may better serve others.

# Holiday Self-Care

## BUCKET LIST

- |   |  |
|---|--|
| <input type="checkbox"/> DO SOME HOLIDAY BAKING                         | <input type="checkbox"/> PAUSE AND REFLECT |
| <input type="checkbox"/> PRACTICE GRATITUDE                             | <input type="checkbox"/> PRIORITIZE SLEEP  |
| <input type="checkbox"/> GET LOST IN A BOOK                             | <input type="checkbox"/> LISTEN TO MUSIC   |
| <input type="checkbox"/> PLAN AN OUTDOOR ACTIVITY                       | <input type="checkbox"/> GO FOR A STROLL   |
| <input type="checkbox"/> MOVE YOUR BODY                                 | <input type="checkbox"/> GET CRAFTY        |
| <input type="checkbox"/> TAKE A BREAK FROM TECH                         | <input type="checkbox"/> STRETCH           |
| <input type="checkbox"/> CONNECT WITH FRIEND                            | <input type="checkbox"/> VOLUNTEER         |
| <input type="checkbox"/> WILDCARD: PICK YOUR FAVORITE HOLIDAY TRADITION | <input type="checkbox"/> STAY HYDRATED     |



## DON'T WAIT UNTIL THE NEW YEAR! GET REWARDED FOR MEETING YOUR HEALTH GOALS



The Archdiocese of Boston Health Plans are committed to helping you live a healthier life. Achieve a personal health goal with a Wellness Coach or Care Manager through one of the following programs. As an additional incentive, employees and spouses [registered in ahealthyme](#) can each earn \$50 into a Health Equity Health Reimbursement Arrangement (HRA) account or Health Savings Account (HSA) for completing one of these programs by May 31, 2025\*. Both programs are available at no additional cost to you.

### WORK WITH A PERSONAL WELLNESS COACH

Available to all employees and spouses enrolled in the RCAB Health Plan.

The Blue Cross Blue Shield of Massachusetts team of clinicians, who are also certified Wellness Coaches, are fully equipped to offer you one-on-one support to help you meet your personal health goals. This program, which typically lasts up to three months and is conducted telephonically, lets you work with a Wellness Coach who can help you build strategies for:



STRESS  
MANAGEMENT



HEALTHIER  
EATING HABITS



QUITTING  
SMOKING



INCREASING YOUR  
ACTIVITY LEVEL



WEIGHT  
MANAGEMENT

### GET ONGOING SUPPORT FROM A CARE MANAGER

Available to employees and spouses enrolled in the RCAB Health Plan with chronic/complex health conditions.

For eligible employees and spouses, Care Management offers personalized, ongoing support from registered nurses, social workers, and dietitians. A Care Manager will contact you directly by phone to determine how they can help:



COORDINATE  
YOUR CARE



SET AND MEET YOUR  
HEALTH GOALS



UNDERSTAND YOUR CONDITION  
AND HOW TO STICK TO YOUR  
TREATMENT PLAN

\* You can only be awarded \$50 into your HRA or HSA for completing a health goal through one of these programs, not both. You must sign up with a Wellness Coach or Care Manager between July 1, 2024 and March 1, 2025 and successfully complete the program by May 31, 2025.

Personalized Support is a Phone Call Away

To get started, call 1-800-392-0098 and select option 1, Monday through Friday from 8:30 a.m. to 4:30 p.m. Once you are enrolled, a coach will schedule calls with you, even as late as 8:00 p.m.



## Wellness Webinars

The following webinars are available for educational purposes. Please note that wellness webinars are no longer incentivized as part of the RCAB Health Benefit Trust Wellness Program.



Learn to Live Webinars

Use access code **RCAB** to view the webinar.

### Staying Refreshed and Preventing Burnout

[View Recording](#)

Do you ever feel like no matter how hard you try, you're still not thriving? If so, you're not alone and there is hope. While many of us feel that something is missing in our lives, recent studies show that 40% are feeling burnt out. In this presentation, the Learn to Live Clinical Team will share the powerful impact of discovering and living by your values and offer practical insights on how to get past barriers that leave many of us feeling unfulfilled and drained.

### Grief: Coping with Loss

[Friday, December 6: 12-12:30 p.m.](#)

We all encounter loss in life. We lose friends, jobs, opportunities, and yes, loved ones. Grief is the process of working through our loss. The grief process may look different for different people, but there are still four main tasks associated with grief. Join us as we explain the four tasks of the grief process.



Voya Financial Webinars

### 5 tips for year-end finances

[Tuesday, December 10: 10 a.m. and 2 p.m.](#)

[Tuesday, December 17: 12 p.m. and 3 p.m.](#)

Learn how to prepare for the end of the year and get your finances in order for the new year.

## In Case You Missed It...



**PLAY NOW!**

You can still view the recorded webinars from last month!

[Squirrels & Shiny Objects: Addressing Problems with Focus and ADHD](#)

[Retrain Your Brain: The Case for Gratitude](#)



Join the December Challenge:  
Good Deed

Spend time in the service of others by participating in at least four charitable events or activities this month. Contribute to a food pantry, participate in a fundraising event for a non-profit, give the gift of your presence by visiting someone in an assisted living facility, or cook a meal for someone in need. Volunteer your time and gifts with others and you will receive more in return!

Employees and spouses enrolled in the RCAB Health Plan can click [here](#) to join by December 7. Don't forget to share the email with your spouse (if enrolled in the RCAB Health Plan) so s/he can participate!

Earn \$50 into your HealthEquity HRA or HSA when you complete this Challenge!





## THE RECIPE CORNER

### Fig & Goat Cheese Puff Pastry Roll

Active Time: 10 mins | Total Time: 55 mins | Serves: 10

Recipe from [Eating Well](#)

*Tangy goat cheese teams up with sweet fig jam rolled up inside layers of light and crispy puff pastry.*

#### Ingredients

- 1 frozen puff pastry, thawed
- 6 tablespoons fig jam
- 1 (4-ounce) log goat cheese

#### Directions

##### Step 1

Preheat oven to 400°F. Stack 2 large baking sheets on top of each other (this will help keep the bottom from burning) and line with parchment paper. Lay puff pastry on another sheet of parchment and roll it out to about 12 inches. Evenly spread jam over the pastry, leaving ½ inch of 1 edge bare for sealing. Crumble goat cheese on top of the jam. Brush the bare edge with water to help it stick. Starting at the opposite edge, roll the pastry into a log; place seam-side down on a small cutting board and freeze until firm enough to slice, about 20 to 30 minutes.

##### Step 2

Using a sharp knife, cut the log into 10 pieces. Transfer the slices to the prepared baking sheet. Bake until golden brown on the edges, 23 to 25 minutes. Let cool for 10 minutes before serving.



In closing, we offer this simple prayer:

We pray for joy in our hearts, hope in our God, love to forgive, and peace upon the Earth.

*Roman Catholic Archdiocese of Boston Benefits Department*

