



# MAINTAIN DON'T GAIN **CHALLENGE**

NEW YEAR, NEW ATTITUDE

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The New Year is a day away! Along with all the potential a new year brings, it can also bring new sources of stress. Stress can creep into your everyday life and wreck your plan to maintain your weight. But with a little planning and awareness, you can stay on track.

Learn how to enter a state of mindfulness. Mindfulness is a mental state of “attention to the present,” when you relax your thoughts and live in the moment. No matter who you are, stress is most likely a part of your life. The key is learning how to identify and manage it.

When you feel stressed, take a moment to recharge by following these tips:

- **Practice mindful meditation.** Sit up straight in a chair, close your eyes, and pay attention to your breath as you inhale and exhale. Begin by focusing on your forehead, then the bridge of your nose, and “travel” down your body.
- **Get away.** Even a quick five-minute walk away from your work or home can help you relax. Taking a break can reduce stress and make you more productive, too.
- **Be grateful.** Keep a gratitude journal to help you remember the things that are good in your life.

Start the year off strong. In order to do that, focus on your mental health and enjoy the benefits of a mindful mental state.

Share the ways you practiced mindfulness throughout the week with **#UCIMDG2018** on social media to connect with fellow challengers!

Adapted from UC Health Plans.



### THIS WEEK'S WEBINAR

- [Connecting Mind and Body for Healthy Living](#)



### THIS WEEK'S TIPS

- [Flyer \(PDF\): Mindfulness Over Matter](#)
- [Article: 10 Resolutions You Can Make for Better Health](#)



### THIS WEEK'S RECIPES

- [Oven Baked Crispy Chicken](#)
- [Chocolate Covered Strawberries](#)



### ADDITIONAL RESOURCES

- [Watch one of the many recorded or live EAP Personal Development and Worklife webinars](#)
- [Check Out Your UCI Behavioral Health Benefits](#)
- [Join the Stress-Free UCI Study](#)
- [Register for free Fit Squad Fitness Classes at Work including Yoga, Stretch & Tone, and more](#)



#### WEIGH-IN

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