



New Year's Resolution - 2022

Two and counting...

Two years into this pandemic...talk about fatigue! Hospitals are filling, health and day care workers are stressing, students may revert to on-line learning, workers who can may again begin working remotely...

Delta, Omicron...what's next?

The rising number of cases and hospitalizations is stress-inducing, indeed. *Will we be in lockdown again? What about planned medical procedures...will these be canceled or occur as scheduled? Can we travel to see loved ones?*

Four important words

This uncertainty and fear leads to stress. While it may not seem like it, it's vital to remember that THIS TOO SHALL PASS.

Resolutions

This time of year, many of us make "resolutions" for the coming season. Resolve to take care of yourself. Self-care may mean taking time to reflect, to be grateful for what you have, to share an "attitude of gratitude". Self-care may mean looking after your health, choosing wholesome foods, getting enough sleep, taking a walk each day.

Keep your safety top of mind

These worries can be distracting, and could cause you to lose focus...take time when walking up/down steps, for example...don't jeopardize your safety.

Your oxygen mask

When we travel by air, we are reminded to place our oxygen mask on first before assisting others. If we're not looking after ourselves, it's tough to look after others.

Be Well – Stay Safe

United Methodist Workers' Compensation Trust