



During the holiday season, check out a variety of resources and events to support your well-being. In this edition, we offer a few extra guides and toolkits to support your mental health, boost energy or take a pause during this busy time of year. Feel free to view or share a [PDF version](#) of this newsletter.

## Wellness Announcements

**[Holiday Resilience Guide](#):** With the holidays meaning something different to everyone, the Employee Assistance Program's Holiday Resilience Guide offers practical tips to help you navigate this season, no matter your traditions or challenges. Find strategies for managing stress, staying grounded, and making the most of the holidays in your own way.

**[Five Tips: Pause to Benefit Your Well-Being](#):** We all know there is a need to take pause during the workday, and yet sometimes it seems hard to step away. If you'd like some new ideas, or you are not sure what to do for your well-being when you take a pause, this guide offers five tips to reset and nourish yourself.

**[Breath Awareness Exercises](#):** Let's take a breathing break! Grab a colleague and choose from these breathing techniques to bring calm to the body and the mind in a few easy-to-understand steps. Box breathing *stickers* will be available soon for NIH staff to pick up as a daily reminder. Stay tuned.

## Upcoming Events

**[NIMH Director's Innovation Speaker Series: Youth Suicidal Behaviors: Where Do We Go From Here](#):** Join Acting NIMH Director, Shelli Avenevoli, Ph.D. and researcher Arielle H. Sheftall, Ph.D., for a [discussion on the state of youth suicide and suicidal behaviors](#) and the path forward for research, prevention, and intervention. **Monday, December 16 from 2:00 to 3:00 PM ET**, held virtually and in person at the Neuroscience Center, 6001 Executive Blvd., Rockville, MD 20852.

**[Mindful Moment: Allow Yourself the Gift of Relaxation](#):** Join Allison Rose for non-sleep deep rest (NSDR) on **Wednesday, December 18 (20 minutes) at 3:00 PM**. This offering combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state.

**[Adult Caregiving Peer Circle](#)**: Are you caring for an adult loved one? Caregiving may include helping a loved one with one or more activities important for daily living. It also may involve emotional support and help with managing a chronic disease or disability. This month's Adult Caregiving Peer Circle will be held on **Thursday, December 19, from 9:00 – 10:00 AM**. [View the flyer](#) for full details and space is limited, register today!

**[Nursing Mothers Program Education Classes](#)**: These classes are designed to complement those offered by your hospital or childbirth educator. Two January classes are offered online beginning **January 13 from 12:00 to 1:00 PM ET**, "Breastfeeding and Return to Work." Prenatal breastfeeding education classes are open to all women working at NIH who are registered for the Nursing Mothers Program. View [the flyer](#) for more information, including additional January dates.

**A Supervisor's Guide to Workforce Well-being Training**: Are you interested in supporting the well-being of your staff and yourself? Are you a supervisor, team lead or an Administrative Officer? Are you in need of Continuous Learning Points? If any of these call to you, our workshop, "A Supervisor's Guide to Enhancing Workforce Well-Being," returns on **January 16 from 1:00 to 2:30 PM ET** and the [2025 training schedule](#) is now available. The January training's LMS registration link will be available on the Wellness@NIH [News & Events](#) page by December 20.

**Coming soon! The Art of Intentional Communication**. Join Leslie Pont (NIH Wellness) and Tyler Smith (Ombuds Office) for a workshop on active listening and conscious communication to benefit your work and personal well-being. This webinar will highlight and demonstrate the key aspects of being fully present, observant and purposeful in our words and actions with others. Wednesday, **January 22 from 11:45 AM to 12:45 PM ET**. Registration will open January 2.

## Highlights in this Issue

- [All Movement Classes – Monthly Schedule & Class Descriptions](#) (NIH R&W)
- [Five Tips for Exercising Safely in Cold Weather](#) (NIA)
- [Holiday Cooking: Food Safety Tips](#) (NIH)
- [MindfulFED: Weekly Guided Meditations](#) (OPM)
- [Seasonal Affect Disorder](#) (NCCIH)
- [Tips on Air Purifiers, Humidifiers and Dehumidifiers](#) (Johns Hopkins Medicine)
- [Top Five Cancers: Prevention and Screening are Major Contributors to Saving Lives](#) (NCI)
- Traveling soon? [Complimentary Health Approaches for Travelers](#) (NCCIH)

## Additional Resources

- [2024 Flu Resource Center Toolkits](#) (CDC)
- [Advancing a Whole-Person Approach to Women's Health Research](#) (NIH | The White House)
- [Expanding Knowledge of Pediatric Long COVID and MIS-C](#) (NICHD)
- [Modeling Health and Economic Outcomes of Eliminating Sex Disparities in Youth Physical Activity](#) (NIMHD)
- [Nutrition for Precision Health Study Featured on CBS Sunday Morning](#) (NIH Common Fund | All of Us | ONR)
- [Omega 3's for Heart Health? Exploring Potential Benefits and Risks](#) (NHLBI)

## Connect with Us

Interested in communicating with other like-minded NIH employees about healthy lifestyles and wellness? Please join:

- [Wellness@NIH listserv](#)
- [Wellness@NIH Facebook group](#)
- [Wellness@NIH Website](#)

To arrange sign language interpreting and/or real-time captioning services for our events, please visit the Office of Research Services (ORS) [Interpreting Service page](#). For general information, please refer to the [NIH Reasonable Accommodation Policy](#) or contact the NIH Office of Equity, Diversity, and Inclusion's [Reasonable Accommodation Program](#). If you require reasonable accommodation to participate in an event, please contact the event host as soon as possible.

For questions or comments about this newsletter, please reach out to [Leslie Pont, NIH Wellness Programs Manager](#).