

Avoiding Overspending on Holiday Gifts



To prevent overspending during the holidays, first decide how much you want to spend. Take time early in the season to create a list of those for whom you will buy gifts. Think of the gifts, research ideas, and assign a gift to each person and an amount that you will spend. Don't wait until the last minute to shop. Doing so will add pressure to get the shopping done at all costs. Likewise, avoid walking around in stores looking for gift ideas to match your budget. Doing

so will risk impulse spending—buying on emotion or out of frustration. To maximize control over your budget limit, use only cash. You'll reduce impulse buys because once the cash is gone, it's gone. Want an endless list of creative no-cost gift ideas? Log in to [pinterest.com](https://www.pinterest.com) and search "no-cost gift ideas."

New Physical Activity Guidelines

The U.S. Office of Disease Prevention has released its updated "Physical Activity Guidelines for Americans." Only 26% of men, 19% of women, and 20% of adolescents meet these recommendations. For adults, that's 150 minutes per week of vigorous-intensity aerobic physical activity *and* two days of muscle-strengthening activity. Will you have a New Year's resolution focused on wellness? If so, use a coach, gym resource, motivational videos, or even your EAP to keep yourself on track if motivation slips. *Fact:* Half of all American adults have one or more preventable chronic diseases, and 10% of all premature mortality is associated with failure to meet recommended levels of aerobic physical activity. Source: <https://health.gov/> (search "physical activity guidelines").

Research: Social Media is Associated with Depression

There has been quite a bit of research on the adverse impacts of social media on well-being. The most recent research focused on Facebook, Instagram, and Snapchat. With more social media use, symptoms of depression are likely to occur. And those who are already depressed can expect the condition to worsen with more social media use. Researchers don't advocate giving up social media, but they do strongly suggest limiting screen time to improve mental health. This free time should be used to reduce loneliness by socializing and interacting with friends offline. Source: [upenn.edu](https://www.upenn.edu) (search "social media depression").

Dependable Workers Are Consistent

The need to be dependable at work is obvious, but there's a lot to it. All bosses have a feel for how dependable their individual employees are. These workers are prized because supervisors don't have to worry about them. Your path to building an outstanding reputation as a dependable worker is consistency. Be consistent in what you do—whether it's coming to work on time or finishing a report by the deadline. View consistency as the currency that earns your reputation as a dependable worker. Take initiative, don't shy away from "bad jobs" others refuse, and be a good information sharer. Your reputation will soon precede you.

UR Medicine EAP
496 White Spruce Blvd.
Rochester, NY 14623

(585) 475-0432
1-888-764-3456

Email:
EAP@urmc.rochester.edu

Website:
urmc.rochester.edu/EAP