



DECEMBER 2017

THE YEAR IN REVIEW

In the throes of the holiday season, it is easy to resign oneself to falling off of the wellness wagon. Please remember to banish the guilt and the perfectionism and enjoy every celebration to its fullest. Savor your special foods and drinks. Cherish the time with your loved ones. Give yourself plenty of time for rest, recovery and reflection. Let's take this opportunity to revisit and reflect upon this past year's *Supplement* topics. For the complete articles click [here](#).

JANUARY



If you welcomed the New Year in the traditional manner, you may have contracted at least a mild case of veisalgia, the medical term for a hangover. The severity of the hangover is directly correlated to the congener content of the beverage. Generally, the darker the liquor, the higher the congener content. To avoid a hangover, pace yourself and alternate your beverages with water.

FEBRUARY



The movie *Ground Hog Day* taught us to learn from our do-overs. Why not turn entering your password, a repetitive daily task, into a reminder of a current goal? Try 10000Steps! Eatto80%full or Earlytobed=\$\$\$ and see what happens.

MARCH



Denmark is once again ranked the happiest place in the world to live. Despite the cold dark days of winter, Danes attribute their happiness to the quality of their relationships and to hygge, their intentional practice of creating coziness.

APRIL



A bucket list trip to Paris serves as a reminder of the importance of dining v. refueling. Parisians take their time with their meals and enjoy the food, the company and the surroundings. Multi-tasking while eating is definitely an American pastime that hasn't yet made its way to France.

MAY



Flexibility is valued higher than competitive pay and benefits to the 70% of American Moms in the workforce today. Despite flexible hours and telecommuting options, women still struggle with self-care and finding time to spend with their partner. Surprise Mom this year with a spa day or a date night.

JUNE



With the end of the school year and the beginning of the intern season, young adults are experiencing their first bouts of work week jet lag. A common affliction, work week jet lag plagues those who have radically different schedules on the weekend than they do during the work week. Establishing good daily rituals such as getting some activity, drinking water and sleeping 7-8 hours each night can translate to a lifetime of professional success.



the supplement
FACILITATING VITALITY



JULY

Vacation travel will take us out of our comfort zones and increase our risk for slips, trips and falls. Be careful out there!



AUGUST

For years, kale was used only as a decorative filler on salad bars. Today it has achieved nutritional powerhouse status as a source for minerals, Vitamin K, and fiber. I am experimenting with including it in smoothies, but I am drawing the line at kale chips – no thank you.



SEPTEMBER

In the wake of Hurricanes Irma and Harvey, we were all reminded of how important it is to have our emergency kits ready. But how many of us are rebuilding our resilience first aid kits? To get restarted on yours, try one of the following daily action steps:

- Drink eight glasses of water.
- List three things that went.
- Avoid decision fatigue by simplifying your workday wardrobe.



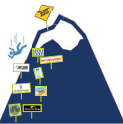
OCTOBER

What are your cravings telling you? A supportive craving fulfills a nutritional need or corrects an imbalance in the body. A dispersive craving slows or speeds up your energy pattern. An associative craving has a deep relationship with an event from the past.



NOVEMBER

Paying it forward is the perfect example of gratitude in action. The benefits of gratitude include improved relationships, better physical and emotional health, and increased resilience to stress.



DECEMBER

While it is easy to abandon your wellness rituals for the holidays, make sure to stay mindful of at least one aspect of your wellbeing each day. The holidays needn't be a slippery slope!

Do the best you can. Enjoy your special celebrations with those you love. Happy Holidays!



PATRICIA M. FULLER, PhD,
Director, Wellness Engineering

Patricia M. Fuller has dedicated the last 19 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

pfuller@bks-partners.com | Have a Question? Email it to Dr. Pat!

This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.



BALDWIN
KRYSTYN SHERMAN
insight beyond insurance

TAMPA • SARASOTA • NAPLES • FT. MYERS • MIAMI • TALLAHASSEE • THE VILLAGES
www.bks-partners.com | TOLL-FREE 866.279.0698