

LET'S FEEL BETTER

NTIC Newsletter



10 MIN. UPPER BODY HIIT

This non-equipment HIIT workout focuses on strengthening your shoulders, chest and back.

HIGH PROTEIN SPINACH DIP

Cottage cheese is the secret ingredient that adds protein to this dish. Add artichokes or water chestnuts for more vitamins and protein.

HAM AND BROCCOLI BREAKFAST CASSEROLE

Use leftover holiday ham in this breakfast casserole. Frozen broccoli can be substituted to save time.

Setting Boundaries This Holiday Season

Whether setting boundaries financially, mentally, emotionally, or physically, they are necessary to ensure you enjoy your time this holiday season.

- Establish specific work hours and be realistic about what you have the time and space to accomplish during those hours.
- Don't feel obligated to travel and know it's ok to not have a "good" reason.
- Excuse yourself from conversations that might trigger confrontation or negative emotions. This is the time to enjoy our family. Be assertive, not aggressive with your needs.
- Is it meaningful for you? Before you say, "yes" to something because it's "what you do every year," ponder why you spend the time, effort, and energy on it.

- Create a budget for the various parts of the holiday (food, gifts, travel, etc.). It is common for individuals to feel financially stressed this season, so put yourself in a space that won't cause you anxiety. It's ok to say, "no" to asks that are out of the budget.
- Some negative comments/conversations repeat themselves yearly, so plan your verbal boundaries. If you anticipate this happening, plan out what you will say. It might sound like, "You might think you are making a joke, but those comments hurt my feelings and make me uncomfortable. I'd appreciate it if we'd change the subject, so we can enjoy our time together."
- Try to maintain your routines. This is the time of year when routines are quickly abandoned, but keeping with them even in a shorter time or smaller magnitude will help you stay balanced with your needs.

Regardless of the boundary(ies) you are putting in place, be clear and specific about your needs. This is not the time to be wishy-washy. Practice what you will say. Know that you might have to repeat yourself. This might not be because others disapprove of your boundary, rather they are trying to remember/understand your new perspective. We are creatures of habit and sometimes forget.

Resources: [Crisis Text Line](#); [Set Boundaries, Find Piece](#); [The Family Center](#)

National Handwashing Awareness Week

December 1-7 is **National Handwashing Awareness Week**.

Illnesses spreads just as fast as holiday cheer! Spend ~20 seconds washing your hands. Wet your hands, add soap and focus on the various parts: palms, wrists, back of hands, fingers, between fingers, and under nails. Rinse with your fingers pointed down. Use your elbow or paper towel to turn off the water.



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Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
June 1, 2023

Complete activities
that will help you thrive

Deadline to earn points:
May 31, 2024

Feel good knowing you've
earned a reward

Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.



866.695.8622

answers@HealthAdvocate.com

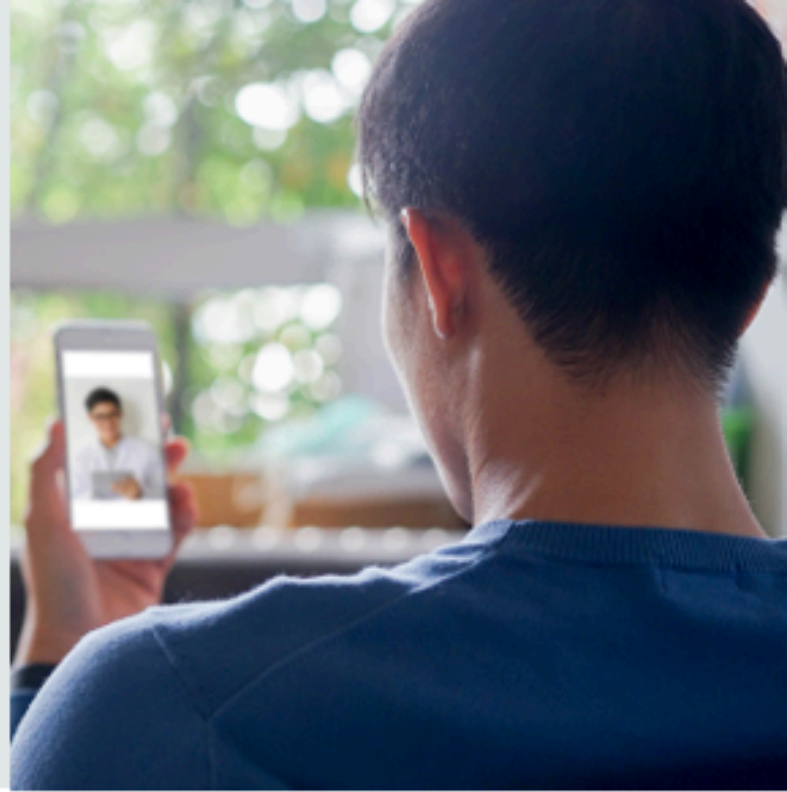
HealthAdvocate.com/members

Call • Email • Message • Live Chat

HealthAdvocateSM

New EAP Benefit: Talkspace Go

Talkspace Go is a new, free EAP benefit for you and eligible family members aged 13+. It's a mobile therapy app you can use to improve your mental health and wellbeing in just 5 minutes a day! Get help for relationships, parenting, depression, and much more.



Features included

Self-guided programs for individuals, couples, and parents. Build mental well-being through personalized courses, daily journaling, and weekly live classes with therapists.

- 400+ self-guided, interactive courses
- Live weekly therapist-led anonymous group classes
- Assessments, meditation exercises, journaling, & reminders
- Address anxiety, stress, burnout, trust, & more

How it works

First, you answer a series of questions to get to the root of your issues. Based on your responses, you'll get a personalized, self-paced course from our library of counseling programs.



Ready to get started?

- Download Talkspace Go from the Apple App store or Google Play
- Sign up and create an account
- Enter your organization's code: **ESIEAP**



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