

December 2015

- ▶ -CORPORATE RUN 2016
- CITI BIKE AVAILABLE.....1

- ▶ -STRESS, DEPRESSION AND THE HOLIDAYS
- ACTIVE EVENTS.....2

- ▶ -IMPORTANCE OF FAMILY HOLIDAYS.....3

# Wellness

## *Miami-Dade County*

PROVIDING EMPLOYEES WITH THE LATEST FITNESS AND WELLNESS NEWS, PROGRAMS AND EVENTS



## Sign-Up Early: Mercedes-Benz Corporate Run 2016

Quite possibly Miami's biggest annual office get-together, the **Mercedes-Benz Corporate Run** returns to shake things up in Downtown Miami on Thursday, April 28, 2016. **Register with the Miami-Dade County team** and you'll get a T-shirt, snacks, beverages, a spot under our tent and a great time! Family and friends are welcome too. The 5K race (3.1 miles), which has been promoting fitness and friendship since 1985, kicks off at 6:45 p.m. at Bayfront Park in Miami. See you at the finish line!

[Click Here To Register](#)

## Citi Bike Now Outside of SPCC

We're happy to announce that a Citi Bike rental station was recently installed on NW 1st Street in between the Main Library and the SPCC. Whether you want to take a midday lunch ride or an after work ride with co-workers, this is just another convenient way to stay active! Check out the [citibikemiami.com](http://citibikemiami.com) for more details.



WELLNESSWORKS  
MIAMI-DADE COUNTY

This newsletter is produced by the Miami-Dade County Employee Wellness Center

Managed by: **Aquila** 



# Stress, Depression and the Holidays: Tips for Coping

*Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.*



The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

**Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

**Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

**Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

**Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

**Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

**Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

- Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
- Get plenty of sleep.
- Incorporate regular physical activity into each day

**Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.



## Active Events: December/January

### Down2earth 5k-Half Marathon Trail Run

Sunday, Dec. 13th @ 7:30am

Oleta River Park

[Click here details](#)

### Serena Williams Live Ultimate Run

Sunday, Dec. 13th @ 8:30am

Lummas Park

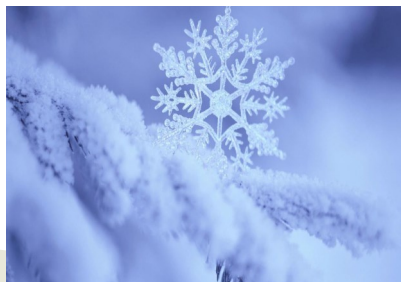
[Click here for details](#)

### Color Fun Fest 5k

Saturday, Dec. 19th @ 7:00am

Sun Life Stadium

[Click here for details](#)



### Miami Jingle Bell Jog 5k

Sunday, December 20th

Tropical Park

[Click here for details](#)

### Miami Marathon & Half Marathon

Sunday, Jan. 24th @ 6:00am

American Airlines Arena

[Click here for details](#)

### Survival Beach Adventure Race

Saturday, Jan. 30th @ 9:30am

Haulover Beach Park

[Click here for details](#)



# Importance of Family Holidays

These days, everyone seems so busy that it can be hard to find time for family activities whether they are weekend trips, week long vacations, gathering for lunch or dinner, or even just brief visits. Home For The Holidays. is more than a popular phrase. For most people it's an integral part of the season. It is a quiet indicator of how important family ties are regarded. Committing to be with parents, siblings, children, extended and blended family members communicates with actions that these people are important and worth the effort involved in making the journey. They are the people who know everything about us and accept us anyway. In spite of stressful times, family loyalty is a powerful connection. The feast is integral to the tradition. The entire family, or as many as can, sit at the table during dinner and offer thanks and prayers to the Almighty. It is also a time for relatives living in different places to come together, share this special meal, and celebrate.

**To know each other:** Often, the holiday season also brings an awareness of a change in a loved one's capabilities. Family members may notice tasks that used to bring joy are now overwhelming. Keep in mind that more individuals are reluctant to ask for help. Be proactive and help the seniors in your life take appropriate action. For example, adult children should have the talk. Don't wait for an emergency or crisis to happen before talking to aging parents. Many times seniors struggle with how to tell their children what's really going on in their lives. Likewise there are many topics that seniors themselves should begin discussing with their children and other loved ones. Many aging issues can be solved by providing a loved one with the support he or she needs.

**To help people relaxing:** Family holidays are great occasion for each member of the family to get relaxed. Modern family lives are full of tensions and stress. Only a peaceful environment can help them to forget the tensions and rejuvenate the mind and body to lead the life more actively and happily.

**For successful family life:** Gatherings with your relatives may be more important than you think. Familial encounters not only provide positive experiences, but also can play a large role in successful and happy life. Face-to-face contact provides the contextual part of what it means to be family. People who cultivate extended family relationships are at an advantage emotionally and are often more successful in their personal lives. Both children and adults benefit from these relationships during times of great stress, such as tragedy, death or divorce. They also reap the rewards when joyous events enter their lives, whether it is a new job, a new child or a milestone birthday.

**To maintain the interpersonal relationship:** Even though technology allows families to keep in touch and share personal milestones more easily, nothing replaces the experience of actually gathering in the same room with family. Sometimes there is a sense of something missing if you do not have face-to-face contact. In-person contact gives you the ability to discern subtle nuances and cues in other people. Body language and gestures say a lot. And touch is very, very important, especially for the very young and very old. Family trips are a great way to get to know family members more deeply and to spend some quality time together outside of our normal routine interactions in our day to day lives. No matter how simple or extravagant the vacation, the act of getting together with relatives and doing things together strengthens family relationships. The benefits of close family relationships extend far beyond the good times that are shared during family outings.

Every family should plan for family holidays and they should also be careful to not avoid any member of the family in such a holiday. It should be considered a rare opportunity to strengthen the affection and attachment between the members of the family by talking each other, eating together and enjoying together.

**Are you acquainted with the County's Worksite Wellness Program "WW" events and activities?** The Program is endorsed by Mayor *Carlos A. Gimenez*' Office under delegated authority to Deputy Mayor *Russell Benford*. The WW Program is coordinated through the Internal Services Department, who channels information to every County department through designated *Wellness Liaisons*. To find out who your department liaison is please visit [this link](#). Under its tagline "**Wellness Works**" and the blue "**W**" identifier the County's WW Program aims to engage employees on the benefits of maintaining a healthy lifestyle through educational activities, "health & wellness fairs" and ad-hoc department-level initiatives. Our goal is to join forces with existing employee-benefit resources and in-kind services from several County departments to bring information, resources and opportunities to all Miami-Dade County Employees and to lead a healthy lifestyle that promotes responsible individual choices. For related events and WW information visit <http://www.miamidade.gov/mayor/wellness.asp>. Feel free to contact [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov) for more information.