



BKS
PARTNERS
INSIGHT BEYOND INSURANCE

THE HOLIDAYS: REIMAGINED

2020

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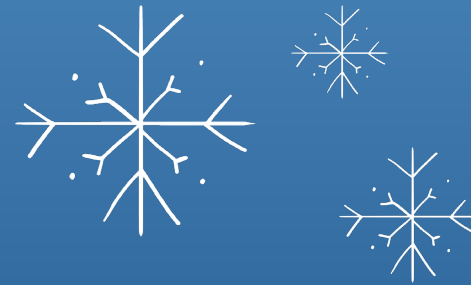
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*THE PART OF THE HOLIDAYS THAT I
ENJOY THE MOST IS...*





PATRICIA M. FULLER, PhD

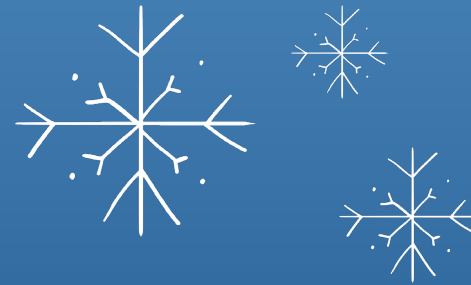
*DIRECTOR,
WELLNESS ENGINEERING*



HOLIDAY JOYS

- Family
- Traditional foods
- Cooking/baking
- Shopping
- Decorating
- Greeting cards
- Travel





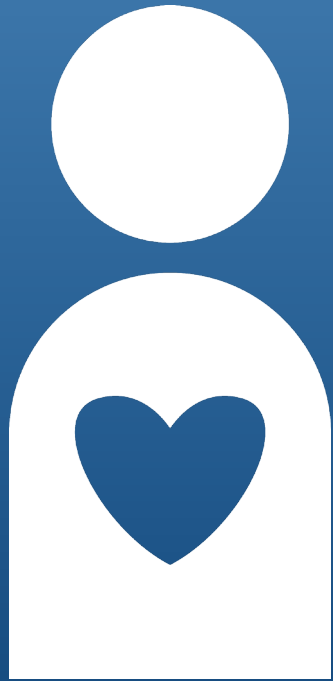
*THE PART OF THE HOLIDAYS THAT
STRESSES ME OUT THE MOST IS...*



HOLIDAY STRESSORS

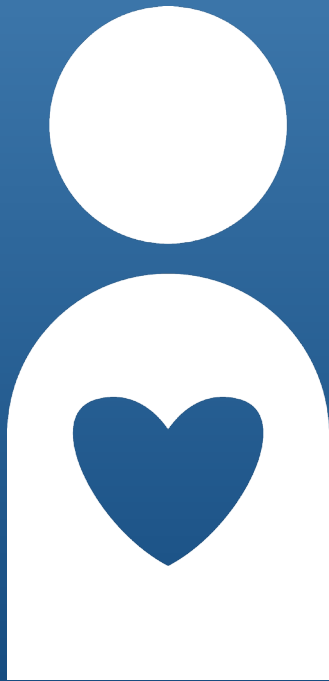


- Family
- Eating too much
- Cooking
- Shopping
- Spending money
- Decorating
- Greeting cards
- Traffic
- Parking



HOW 'TYPE A' ARE YOU?

TYPE A PERSONALITY PROFILE

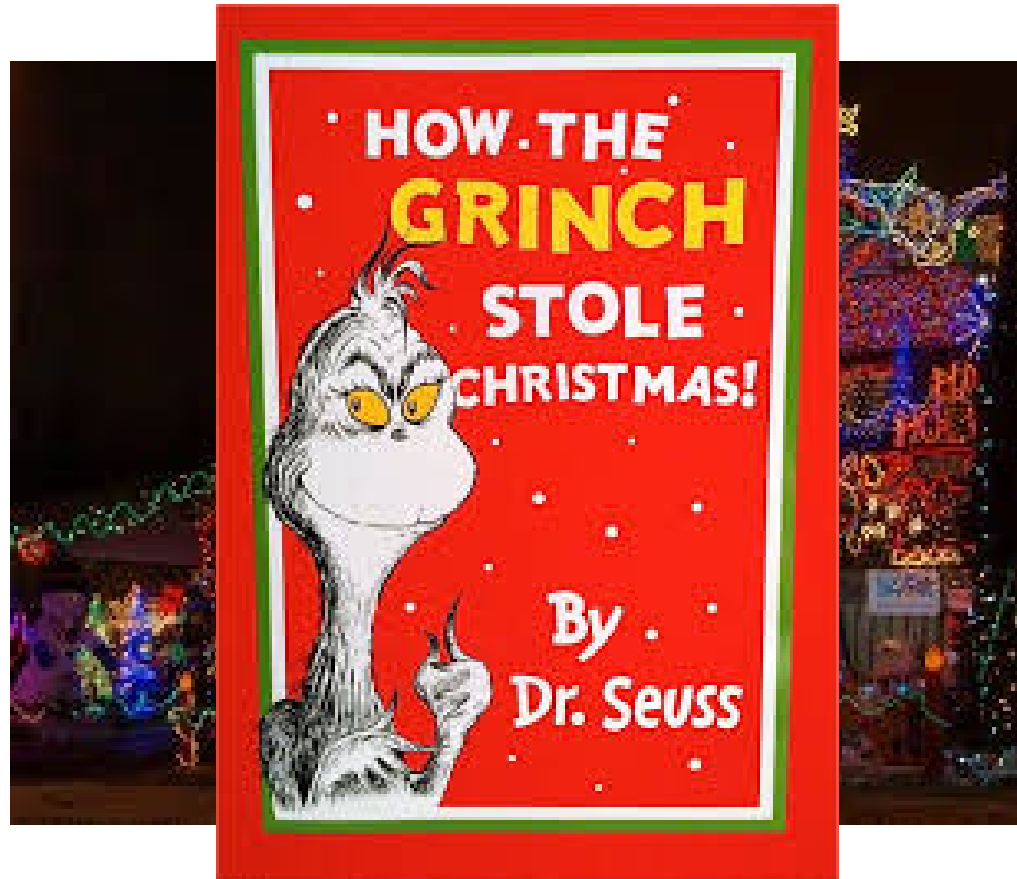


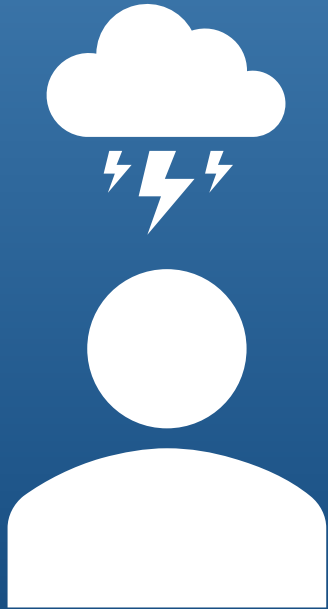
- Always moving
- Walks rapidly
- Eats rapidly
- Talks rapidly
- Is impatient
- Does two things at once
- Can't cope with leisure time
- Obsesses with numbers
- Measures success by quantity
- Is aggressive
- Is competitive
- Constantly feels under time pressure

TYPE A TIME AWARENESS



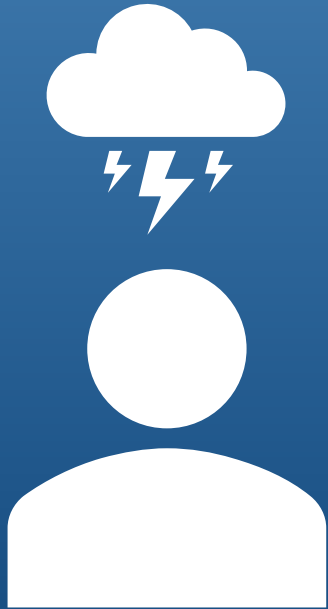
TYPE A PERFECTIONISM





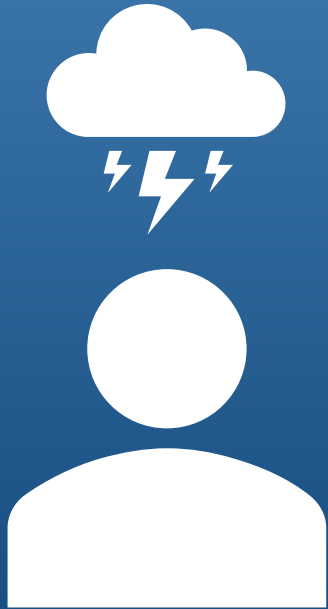
WHAT IS STRESS?

SHIFTS THE BODY FROM LONG TERM PROJECTS



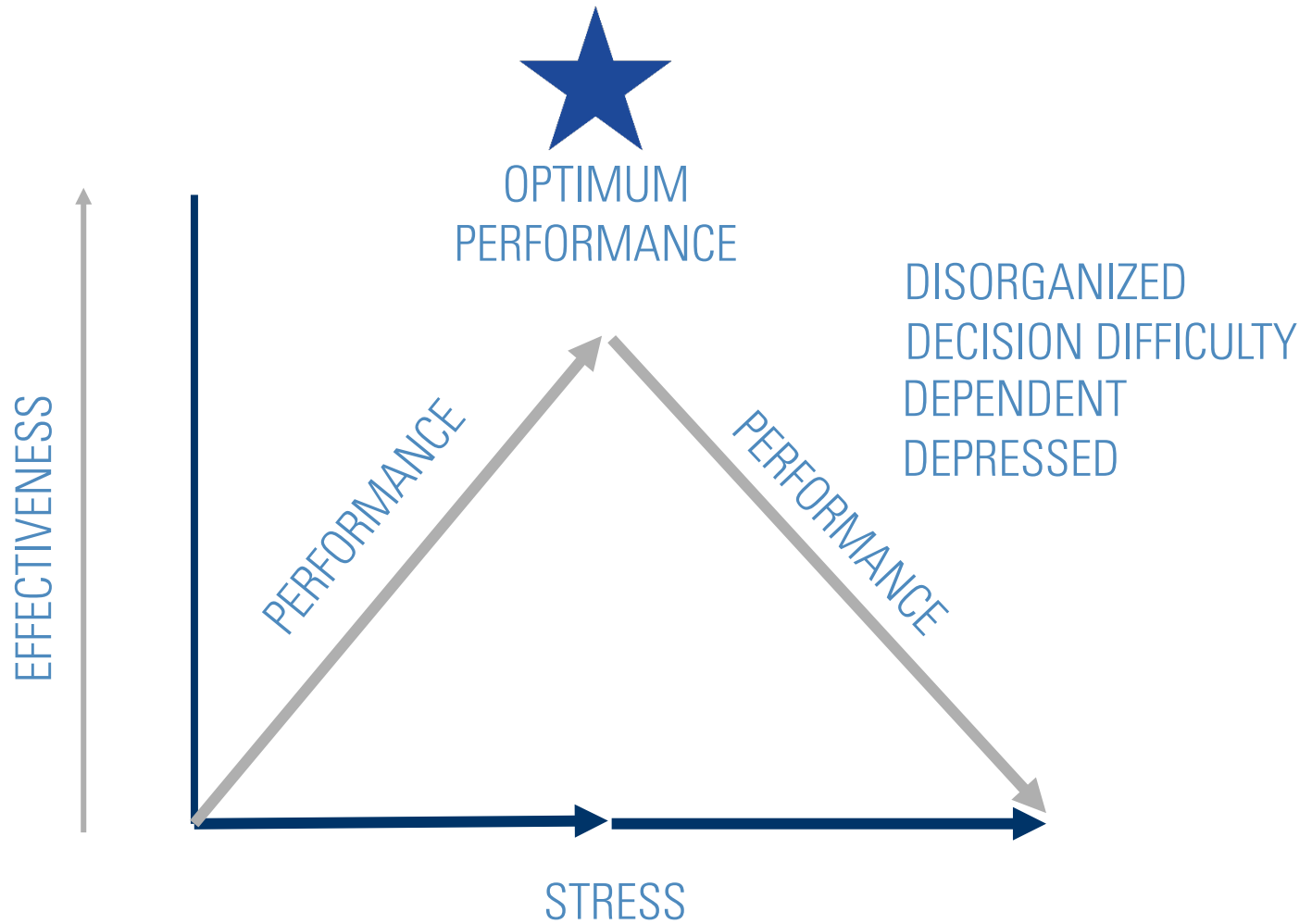
- Digestion and Assimilation
- Growth
- Repair
- Reproduction
- Immunity

TO SHORT TERM NEEDS



- Respiration
- Circulation
- Energy mobilization

WHAT HAPPENS TO MY PERFORMANCE?



STRESS IS CUMULATIVE



Allostatic Load



Allostatic Adjustments



THE CORPORATE ATHLETE

RITUALS



Eating Habits



Exercise



Sleep



Relaxation



EATING HABITS



- Eat away from screen time
- Eat regularly
- Eat as a family
- Manage buffet dining
- Handling splurges
- Drink water

REMAINING SOLVENT

8x  8 oz

THEN:

IF  6 oz **OR**  12 oz **OR**  12 oz **+**  8 oz

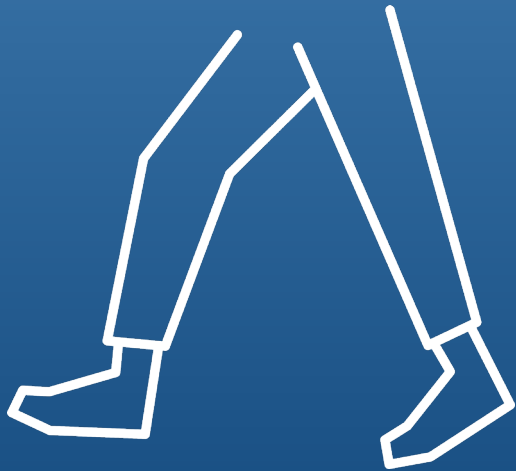
IF  **OR**  12 oz **OR**  6 oz **+**  8 oz

SLEEP



- Shoot for 7-8 hours
- Create a sanctuary
- Place a notepad on the nightstand
- Monitor caffeine and alcohol

GET MORE STEPS



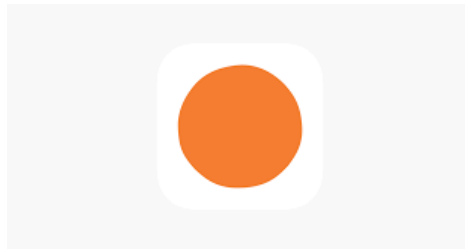
- Take the stairs
- Move your printer
- Park further away



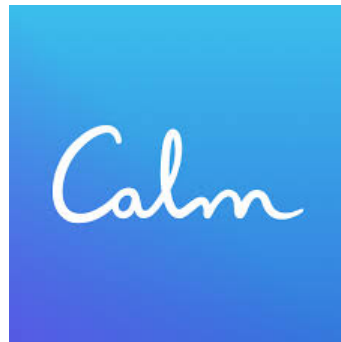
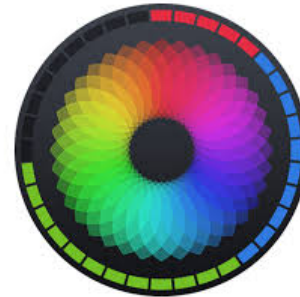
RELAXATION

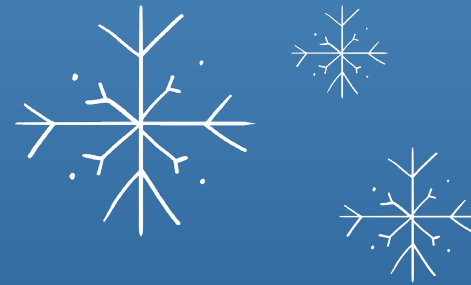
RELAXATION

HEADSPACE



INNER BALANCE





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**THANK YOU!
QUESTIONS?**





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