



## Human Resources

### **Welcome to the Ulliance Life Advisor Monthly Newsletter**

*Developed in conjunction with Wayne State University Human Resources*

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**People of all nationalities, cultures and religions have a lot  
to celebrate during the month of December!**



The dictionary defines celebrate as to honor and observe. To mark a holiday is defined as a day exempt from work or a period of exemption or relief.

In this second edition of a two-part focus on the holidays, we celebrate our diversity and what makes us all unique. The holidays are a wonderful visual simulation of colorful lights, beautiful wreaths mounted on doors and prior to the pandemic, numerous family and office parties.

Most of these official celebrations are inspired by Christmas and Hanukkah, the two major religious holidays celebrated by Christians and Jewish believers.

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The holidays are also an important reminder of our similarities. Whatever or however we celebrate, we, along with our family and friends can come together, even during challenging times to reflect, give thanks and look forward to the blessings ahead. It's also a natural time to check in with ourselves and think about how we can be mindful, knowing that practicing mental and physical fitness will help us to be ready to face the new year feeling our best.

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**December 10-18: Hanukkah**, a Jewish holiday, is also referred to as the Festival of Lights. It's celebrated for eight days and nights. Hanukkah celebrates the victory of the Maccabees, or Israelites, over the Greek-Syrian ruler, Antiochus, approximately 2,200 years ago. Families come together and light the Menorah each night as a symbol of miracles, hope and renewal.



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**December 12: Feast of Our Lady of Guadalupe**, a religious holiday in Mexico commemorating the appearance of the Virgin Mary near Mexico City in 1531.

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**December 13: St. Lucia's Day**, a religious festival of light in Scandinavia and Italy commemorating the martyrdom of St. Lucia, a young Christian girl who was killed for her faith in 304 C.E. She secretly brought food to persecuted Christians in Rome while wearing a wreath of candles on her head so both her hands would be free.

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**December 16-24: Las Posadas**, a nine-day celebration in Mexico commemorating the trials Mary and Joseph endured during their journey to Bethlehem.

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**December 25: Christmas Day (or Feast of the Nativity)** is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world.



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**December 26: Boxing Day**, a secular holiday celebrated in the U.K., Canada, Ireland, Australia, New Zealand, Hong Kong and South Africa.

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**December 26-January 1: Kwanzaa**, an African-American holiday started by Dr. Maulana Karenga in 1966 to celebrate universal African-American heritage. This weeklong celebration is based around seven major principles: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. On each of the seven nights, families gather and light one of the seven candles of the Kinara. Usually a discussion about one specific principle takes place each day.



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**December 31- January 1st: New Years Eve and Day** marks both endings and new beginnings. It's a time to take stock in meaningful lessons learned and begin new adventures.



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COUNSELING | COACHING | 24/7 CRISIS LINE | WORK/LIFE SOLUTIONS

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**Click the image below to watch this Emotional Well-being video.**



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Checkout the Ulliance *Giving Grace* newsletter, just click on the button below.

[Giving Grace](#)

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**Try these great self-care apps for achieving physical and mental wellness from the safety of your home. Some apps are free or free on a trial basis.**

**My Fitness Pal**- Track calories, break down ingredients, and log your fitness activities  
<https://www.myfitnesspal.com/>

**Daily Workouts Fitness Trainer** - is great for those on a budget, because it's completely free. It includes full streaming workouts in every category.  
<https://dailyworkoutapps.com/>

**Glo** - Glo is designed to help you feel better in body and mind. Get unlimited access to the best online yoga, meditation, Pilates & fitness classes for \$18/month.  
<https://www.glo.com/>

**PEAR Personal Fitness** is like having a trainer in your pocket. Choose your areas of focus, and the app provides you with customized workouts.  
<https://apps.apple.com/us/app/pear-personal-fitness-coach/id563723189>

**The 7 Minute Workout** Not a lot of time on your hands? This app has great options for quick ways to fit physical activity into your day. <https://apps.apple.com/us/app/7-minute-workout/id650762525>

**Down Dog (yoga)** Down Dog has four apps, each tailored toward a different activity: yoga, barre, high-intensity interval training, or seven-minute full-body workouts. Workouts range from five-minute HIIT routines to 90 minutes of yoga. Each app provides the option to pick the type of music you want and the level of intensity  
<https://www.downdogapp.com/>

**Peloton**- Primarily known for its stationary bike workouts, purchasing a Peloton bike is not necessary. Users will have access to the app's full set of classes—including yoga, strength training, and virtual running training—and can choose from on-demand, prerecorded workouts or take a live daily class taught by a Peloton instructor. 30 days free is available for new subscribers. <https://www.onepeloton.com/app>

**Aaptiv-** Aaptiv's seven-day free trial lets you sample a variety of classes, including strength training, yoga, and stretching. All of Aaptiv's workouts are led by energetic trainers that guide you through your headphones. Many classes require no equipment. Free trial for new subscribers is available. <https://aaptiv.com/>

## **Meditation and Relaxation**

**YouTube** has a wide variety of guided meditations for free. Just type your preference in the search bar (i.e. Guided meditation for anxiety, or guided meditation for sleep) [www.youtube.com](http://www.youtube.com)

**Insight Timer** is an app available for download on all smart phones. The free version has thousands of different meditations on a variety of topics (anxiety, stress relief, sleep, etc). There are also relaxing sounds, such as rain, thunderstorms, ocean waves, etc. if you would prefer to just have relaxing background sounds. <https://insighttimer.com/>

**Headspace-** Feel less stressed and more resilient in just a few minutes a day. <https://www.headspace.com/>

## **Stop gaming this holiday. Take a break from daily screen time. Try a few of these offline fun outdoor events:**

**Holiday Nights at Greenfield Village:** Mingle with merrymakers amid the smells of roasting chestnuts and warm bonfires Every lantern-lit path takes you to a new winter wonder to discover. <https://www.thehenryford.org/current-events/calendar/holiday-nights-in-greenfield-village>

**Taylor Winterfest Blizzard of Oz:** An outdoor interactive high-tech laser show and holiday display featuring notable characters and special themes each week! <https://www.universe.com/events/taylor-winterfest-blizzard-of-oz-tickets-taylor-L67ZM8>

**Wild Lights at the Detroit Zoo:** The Detroit Zoo will be aglow for 32 magical nights with more than five million LED lights illuminating trees, buildings and over 280 sculptures throughout the front half of the Zoo. Experience the magic of the Detroit Zoo in winter as you take in the lights, sights and sounds of the season for guests of all ages. <https://wildlights.detroitzoo.org/>

**Huron-Clinton Metroparks:** Check out all the family friendly outdoor events at Huron-Clinton Metroparks, with parks all across Michigan: <https://www.metroparks.com/events/2020-12/> Everything from guided nature walks, horse-drawn hayrides, or a Santa's Winter Wonderland walk.

**If planned events aren't your thing:** Michigan has a plethora of parks, open all winter long to enjoy hiking or cross-country skiing, snowshoeing, sledding or tobogganing. <http://www.metroparks.com/winter-activities/>

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**Revisit some of these helpful resources!**

[Staying connected to family and friends](#)

[Staying on top of your health](#)

[Virtual Entertainment](#)

[EBook- Six Effective Tools for Managing Anxiety – COVID-19 and Non-COVID-19](#)

[Relationship Strain – COVID-19](#)

[Maintaining Recovery from Addiction during COVID-19](#)

[Problematic Coping](#)

[Growing through Stressful Times](#)

[Relationship Maintenance](#)

[Preparing for Winter](#)

[Holiday Differences](#)

[Helping the elderly](#)

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**Life Can be Hard. Talking Helps.**

Call us for short term, solution focused assistance for the concerns that are so common in our world today:

- Managing Holiday Stress & Anxiety
- Relationship Strain
- Schooling Challenges
- Substance Use
- Grief/Loss
- Getting Organized
- Finding Resources for Child and Eldercare



*Stay on the path to total well-being!*



Call Ulliance we're here to help—**800.448.8326**

**WAYNE STATE UNIVERSITY WARRIOR STRONG**