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Provided by Lawley

## Identifying 2026 Resolutions

As the end of 2025 approaches, you may already be thinking about your New Year's resolution. What changes would you like to make in your life? Before sticking to a resolution, you first need to come up with one. When formulating goals for 2026, consider the following:

- **Evaluate.** Make an honest assessment of your lifestyle, health and wellness.
- **Identify a goal.** Try to focus on a specific aspiration, such as losing weight, rather than something general like "being healthier."
- **Be realistic.** Setting the bar too high can lead to being discouraged and make you more likely to give up.
- **Seek support.** Ask others around you to check on your progress. If possible, find someone with a similar resolution for camaraderie and accountability.



## Cybersecurity Tips for Online Holiday Shopping

Cybercrime is a significant concern for online shoppers, and the hustle and bustle of the holiday season may exacerbate these risks. Fortunately, by understanding and committing to key cybersecurity strategies, you can remain safe while checking loved ones off your list.

### 5 Cybersecurity Tips for the Holiday Season

Whether you're perusing the wares of a major retailer's website or those of a small business, consider the following cybersecurity tips:

1. **Update software.** Keep your devices updated, as current versions can address known cyberthreats.
2. **Recognize phishing.** Avoid hastily clicking on offers and advertisements you may

receive, as they may be disguised cyberattacks.

3. **Secure accounts.** If you're making a new account or have existing ones, avoid reusing passwords and enable multifactor authentication.
4. **Check website security.** Be wary of using websites that begin with "http:" as opposed to "https:".
5. **Use credit.** It's typically easier to recover fraudulent credit card charges than funds used in unauthorized debit card use.

Contact us today for more cybersecurity tips.

# Live Well

## Recognizing and Limiting Seasonal Affective Disorder

Every winter, millions of people in the United States experience seasonal affective disorder (SAD), according to Mental Health America.

SAD is a type of seasonal depression that usually affects people starting in late fall and through early spring. Lack of daylight can lead to reduced serotonin, a neurotransmitter that affects mood.

### Recognizing the Symptoms

Understanding signs of SAD can be an important first step. Be on the lookout for the following:

- Consistent feelings of sadness
- Loss of interest in hobbies and activities
- Lack of energy
- Changes in sleep patterns
- Overeating or gaining weight
- Difficulty concentrating
- Irritability or restlessness
- Social withdrawal

### How to Manage SAD

There are many steps you can take to combat or limit the effects of this seasonal disorder:

1. **Maximize natural light.** Open curtains and blinds during the day, trim tree branches near windows and remove awnings that may block light from entering your home.
2. **Brave the outdoors.** Even if it's cold, getting outside for even a short period of time can help with SAD.
3. **Stay active.** Whether you're bundling up to go outdoors or exercising inside, physical activity can help improve your mood.

4. **Maintain a sleep schedule.** The darker days of winter may make it easier to oversleep or nap, but doing so can be detrimental to your mental health.
5. **Seek help.** Talk to your doctor if you think you may be experiencing SAD, as they may be able to prescribe medications or discuss other options, such as light therapy.

### Learn More About Winter Wellness

Contact us today for more resources regarding mental health during the winter.

## Stay Healthy With Handwashing Awareness

Winter can bring many cases of various illnesses, such as the flu, respiratory syncytial virus (RSV) and the common cold.

Handwashing Awareness Week aims to remind people to do their part in limiting the spread of germs. Always wash your hands after:

- Using the toilet
- Touching an animal or their waste
- Blowing your nose, coughing or sneezing
- Touching garbage
- Preparing food, especially meat and fish
- Handling an item or surface frequently touched by others (e.g., door handles)
- Caring for a sick person

When washing, make sure you apply and lather soap for at least 20 seconds, including between your fingers and under your nails. After rinsing, make sure you use a clean towel or air dryer.

[Click here](#) for more handwashing guidance.