

Did You Know?

Here are a few ideas to make the hectic holidays more manageable.

- **Lifesolutionsforyou.com has a Savings Center** – just log in to your *WorkLife* Resource Center and click Savings Center on the right side navigation.
- **Starting your New Year's resolution to exercise now** will help you develop your rhythm and routine come the beginning of the New Year.
- According to a NYU Medical Center article, **suicide rates actually drop in the winter months and rise in the spring.**
- **Cyber Monday**, the Monday after Thanksgiving, **drew over “6.7 million online visitors a minute”**, says a major global web retailer.
- **Utility companies will delay shut-off of utilities if you have a seriously ill person in the house.** Contact your doctor to write a letter of explanation to the utility company.