



# Holiday Newsletter 2013



**A**n intriguing article I recently read needs to be shared with as many as possible and was titled: “*7 Things Calm People Do Differently*,” by Lindsay Homes<sup>1</sup>. Sharing this with companies, families, and organizations could be quite valuable as we enter this Holiday Season, and a new year ahead.

1. They **focus** on finding their center ~ meditation, spirituality, and prayer have scientifically shown to produce many lasting health benefits
2. They express **gratitude** ~ showing appreciation to others lower the stress hormone cortisol, and allows for fewer complaints about their health
3. They **sleep** ~ proper amount to combat stress as less than 7-8 can affect the immune system, and many took naps, and they are an instant stress reducer and lowers cortisol
4. They **socialize** ~ they turn to their best friends when anxious or sensing stress, as the healing bond of friendship offers emotional grounding and support
5. They don't keep it all together ~ When needed, they **PAUSE** – count to ten, and mindful that even acute times of stress can prime the brain and sharpen the mind
6. They use **vacation** days ~ knowing that intentional breaks reduces blood pressure, improves the immune system, and is a mental break from the norm
7. They **unplug** ~ disconnecting devices, and re-connecting with the real world is vital in monitoring stress. They give themselves permission to put down the smart phone, tablet, ear buds, and do something else

Another article, “*Workplace Wellness Programs Can Generate Savings*” reveals how workplace disease prevention and wellness programs improve employee health and lowers costs. The analysis revealed that medical costs fall by about \$3.27 for every dollar spent on wellness programs, and that absenteeism costs fall by about \$2.73 for every

dollar spent. This return on investment shows that wellness programs prove financially beneficial as well as providing positive health outcomes<sup>2</sup>. Supporting this research and tools for wellness, we have created our unique signature **Wellness Power Hour** to provide companies and employees with **10 Keys to Health** within the hour power point. This is an engaging, fun and interactive program that has been well received and I really enjoy sharing these nuggets of useful knowledge. Please visit our newly designed Corporate Pit Stop website [www.corporatepitstop.com](http://www.corporatepitstop.com) to see all the new corporate programs that I offer, along with our highly valued on-sited seated massage services by my dedicated group of LMT's. Feel free to **Like us on Facebook** too!!

In light of the Affordable Care Act in the coming year being implemented, the focus will be on programs that promote health and prevent disease or participatory wellness programs<sup>3</sup>. This is the core of what we at Corporate Pit Stop offer to the business community for the best health and continued wellness of your employees. To partner together with a common goal and direct outcome is a WIN/WIN for all and look forward to offering solutions to improve work/life balance for years to come. We thank you for this opportunity for future presentations and visits, and for the many years that we have been fortunate to continue adapting to the work place stresses and challenges to be at our highest level of contribution. With special thanks, I wish and pray for your peaceful, safe and gentle Holidays, Christmas and a bountiful New Year.

Yours in Abundant Health,

**Linda Penkala, LMT**

See my most recent article:  
“*Building a Strong Defense and Healthy Immune System for a Healthy Winter*”  
on page 22 of *B Woman Magazine* at  
<http://bwomanmagazine.com/november2013>



<sup>1</sup> [http://www.huffingtonpost.com/2013/11/04/habits-of-calm-people\\_n\\_4174903.html](http://www.huffingtonpost.com/2013/11/04/habits-of-calm-people_n_4174903.html)

<sup>2</sup> [http://workplacewellness.com/images/Workplace\\_Wellness\\_Programs\\_can\\_generate\\_savings.pdf](http://workplacewellness.com/images/Workplace_Wellness_Programs_can_generate_savings.pdf)

<sup>3</sup> <http://www.dol.gov/ebsa/newsroom/fswellnessprogram.html>