

# wellness express

a monthly insight into St. Johns County wellness happenings

JANUARY 2018



## Be Mindful



Mindfulness is defined as maintaining moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment. Most people think of yoga or meditation when they hear the word. Some even think of eating habits. Very rarely is spending considered. In fact, our spending habits are usually mindless and automatic. We spend until we find ourselves buried in debilitating debt. Although headlines in the news state that the stock market is booming and unemployment rates continue to decrease, reality proved to be quite different when working individuals were surveyed by Willis Towers Watson. The financial well-being of employees has

reversed in 2017. Workers feel that their financial woes are negatively affecting their lives. Not only does it impact personal stress levels, but it negatively affects productivity, engagement and health. We have grown accustomed to our standards of living and readjusting can be quite a challenge. That's why this January I'm asking you to be a mindful spender so you can avoid frivolous purchases and lead a more financially stable life. Get creative and send me a picture of you saving money. The pictures will be posted on the Wellness page and your name will be entered into a raffle for 1 of 2 6-month subscriptions to e meals. Send pictures to: dzupansic@sjcfl.us



### Perksconnect

Available Now

St. Johns County has a new discount program, Perksconnect, where you can start saving right away! Getting started is easy and free. Visit the site below and click "Activate your Account Now" and fill in the required fields; Group code: SJCFL17. There is even an app so you can get discounts on the go.

To sign up, visit:  
<https://sjcfl.perksconnection.com/>



### 1st Quarter Wellness Challenge

February 5 - March 18

Sign up for this 6-week challenge that encourages participants to focus on 6 areas of nutrition: hydration, fruit & veggie consumption, protein power, fiber intake, sugar dangers, and nutritional superstars!

To sign up, visit:  
[www.surveygizmo.com/s3/4083549/2018-Fresh-Picked-Challenge-Registration](http://www.surveygizmo.com/s3/4083549/2018-Fresh-Picked-Challenge-Registration)