



December 2017 Issue

In This Issue:

The Experts Corner

.....
Treating Reflux With Diet...
.....

Study - Don't Let Your Dog Sleep With You In Bed...
.....

Non-Profit Organizations We Support
.....

Call us today to learn more about group insurance solutions: 732.238.6734

Quote of the month

"Age is irrelevant, you are never too old to set another goal or to dream a new dream."

- C.S. Lewis

Dear Theresa,

Many of us feel a bit low, have less energy, and are more stressed during the winter months. It doesn't help that the most intense part of the holidays hits in December. Cue what feels like a million obligations and negotiations with family members. Its' time for some holiday well being.

Pay attention. To yourself, that is.

Notice what you're feeling when you're stressed or anxious. Are you having an conversation that you want to walk away from? Feeling suffocated? Annoyed that you're buying presents for someone who hasn't made you feel appreciated?

Pay attention to how you want to react in the moment. Is your first urge to reach for a snack or a drink or to snap at someone? The knee-jerk response isn't always the most productive or the kindest. The good news is, slowing down, if only for a few seconds, and noticing your internal reactions can help you:



Feel calmer, more relaxed, and more in control



Make better decisions on how to react to a situation



More ready to deal with conflict that really matters

Breathe, take note of your reactions, and repeat if necessary.

In case you missed it, our Experts Corner Archives



Robert Hudak
of Hudak
Computer Care.

Click [here](#) to read about Robert..

We have Strategic Partners that offer a variety of professional services. Please email us [here](#) if you need any of these services

Travel Insurance
Data Forensics
Title Insurance
Human Resource
Mortgage
IT Staffing Services
Business loans
Real Estate
Architect
Employment Attorneys
Litigation Attorneys
HCR Attorney
Real Estate Attorney
Human Resource
Property Casualty
Financial Planning
Limousine Services
ERISA
FSA
HRA/HSA
Accounting
Banking
Marketing
Electrician
Pool Service
Contractor
-Commercial/Residential
Business Consulting
Payroll
Credit Card Processing
Landscaping
Green Engineering
Freight
-Transportation
-Storage

Remember: We're all in the same boat.

Remember that your family members, neighbors, friends, and coworkers are basically like you. Everyone's doing their best to cross off their to-dos, get through the holidays with minimal stress, and enjoy the season, so:



Recognize and acknowledge what's happening when you get stressed or anxious



Remind yourself that everyone goes through some version of what you're feeling



Commit to being kind to yourself. Literally pat yourself on the back

Be a softie. For example, Google's longtime in-house guru Chade-Meng Tan recommends making a conscious decision to wish someone well when you feel frustrated with them. Consciously wishing the best for someone helps decrease negativity and stress and spikes warm and fuzzy feelings.

The next time you feel your jaw clenching, wish the person who's frustrating you the best. For example: I know my child/spouse/parent is also stressed and doing his/her best. I want what's best for them.

Images and article courtesy of [HBGNow](#).

The Experts Corner

This month we'd like to introduce you to **Cristina Amyot**, President of EnformHR

Background: Cristina Amyot is the President and CEO of EnformHR, LLC, a human resources consulting firm based out of Tinton Falls, New Jersey. Ms. Amyot and her team of HR Business Partners provide a full range of customized HR services, helping companies protect and grow their business, including: Compliance Audits, HR Outsourcing, and Training & Development.



Cristina L. Amyot, MHRM, SHRM-SCP, SPHR of EnformHR LLC

Please [email me](#) if you're interested in learning more.

Treating Reflux With Diet



A small study has found that a plant-based diet is just as effective as proton pump inhibitors in treating laryngopharyngeal reflux, or LPR.

LPR is a disease in which stomach acid comes up into the throat to the level of the laryngopharynx. [Read more](#)

**For More Related
Articles, Visit Our [Blog](#)**

Did You Know?

We are members of:

- NJ Monmouth Ocean Association of Health Underwriters: MOAHU
- National Association of Health Underwriters: AHU
- Member of the NJBIA
- Member of the BNI Hawks
- Member of NJ Affinity Focus Group
- Member of NY Affinity Focus Group
- Member of BRIDGES



**Click here to learn more about
our services**



**Happy holidays and
best wishes for a healthy
and happy New Year!**



Study - Don't Let Your Dog Sleep With You In Bed

Ruff news: Man's best friend may keep you from fetching sleep. That's the takeaway of a small but provocative study titled "The Effect of Dogs on Human Sleep in the Home Sleep Environment" in the September issue of Mayo Clinic Proceedings.



[Read more](#)

Non-Profit Organizations We Support



The mission of the [Zzak G. Applaud Our Kids Foundation Inc.](#) is to provide the opportunity for children to creatively express themselves by taking lessons in the various disciplines of the performing arts.

Our goal is to give underprivileged children the opportunity to pursue their dreams when the inspiration is first ignited in them. Please [click here](#) to learn more about this amazing Foundation!

Follow them on [Facebook](#), and please consider visiting their [CrowdRise](#) page to show your support. Thank you!

For more health news and updates, head over to our [Facebook](#) page or connect with me on [LinkedIn](#), where we upload blog posts weekly.

Look to our [blog](#) for some tips on how to stay safe and healthy, during the fall season.

Sincerely,
Theresa

We're here to help you protect the important things in life.

