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Date: 11/5/2014 11:27:24 AM

Subject: FW: CBA November Newsletter

Please see the email from Boyd below.

Thanks
Gerry

Gerry Dickinson
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From: Shealy, Boyd
Sent: Wednesday, November 05, 2014 11:26 AM
To: Dickinson, Gerry
Subject: FW: CBA November Newsletter

Hey Gerry, would you mind forwarding this one as well? Thank you.

Boyd

From: Murphy, Jordan
Sent: Wednesday, November 05, 2014 10:53 AM
To: Meacham, Pamela; Winfrey, Peggy; Bower, Erin; Hart, Brenda; Narewski, Joann; Glenn, Debbie; Schoonover, Shirley; Harmon, Ann; Stooksbury, David; Reidenbach, Chris; Bell, Carol; Nabors, Robin; Julian, Elaina; Francis, Jane; Thomas, Ericka; Turner, Charles; Shealy, Boyd
Cc: Vaughan, Letia; Walters, Marick; Baskin, Tim; Washington, Erin; Hess, Kelly; Blankenship, Dorothy
Subject: FW: CBA November Newsletter

Hi, Liaisons,

Please forward this to the employees in your office/division. Thank you!

Ms. Jordan Murphy
Benefits Administrator
SC Budget and Control Board
1200 Senate St. Suite 450
Columbia, SC 29201
Phone: (803)737-1979
jmurphy@io.sc.gov

From: Companion Benefit Alternatives [<mailto:cbacommunications=companiongroup.com@mail73.atl31.mcdlv.net>] **On**
Behalf Of Companion Benefit Alternatives
Sent: Wednesday, November 05, 2014 9:30 AM
To: Murphy, Jordan
Subject: CBA November Newsletter

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November 2014

Reduce Kids' Holiday Stress

Commit to Quit

Eat Smart During the Holidays

How to Reduce Kids' Holiday Stress

Holiday stress can take a toll on your [mental health](#). It can also affect your children. As a parent, you can take steps to make the holidays less stressful for your children and [yourself](#).

Plan Ahead

Parents should discuss holiday plans and expectations before they talk to their kids about them.

You can ask each other these questions:

- What does the holiday really mean to us?
- What kinds of memories do we want to create for our children?
- What past memories would we like to recreate (or avoid) for our children?

Talk to Your Children

Be ready to respond to your children's questions and anxieties. Try to involve your children in holiday preparations. This helps them feel invested in the plans, rather than being passive participants. It can also help ease anxieties that come from changes in their routine.

Manage Expectations

Ensure your children's expectations are reasonable by discussing what is realistic ahead of time. Setting parameters for your children can minimize the possibility of disappointment.

Once the holiday arrives, it is important to be mentally prepared for last-minute changes. Inclement weather, sudden illness and unpredictable human behavior can ruin the best-laid plans.

Eat Smart During the Holidays

Temptation lurks around every corner this time of year. It can be hard to avoid tasty dishes at holiday get-togethers. If you overeat, get back on track the next day. Make sure exercise is part of your routine. Here are a few ways to help [prevent holiday weight gain](#).

Committing to Quitting

If [quitting smoking](#) is on your list of goals for the coming year, there's no time like the present to get started. [Great American Smokeout Day](#) is November 20, 2014. No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. It won't be easy, but you can do it!

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