

# January

## Blood Donor Month

Blood banks often face critical shortages after the holidays. Consider giving the gift of life this month!



## Help your community, and earn rewards!

Earn 10 points per quarter by logging proof of a blood donation in the Castlight portal. Medically enrolled employees can redeem points for up to \$200 in great gift cards and prizes and waived employees can redeem points for sweepstakes entries.



[mycastlight.com/mybenefits](https://mycastlight.com/mybenefits)



## New Year's Day

New Year's Day is a great time to make change. Start exercising, eating healthy and working toward your goals.



## Houseplant Appreciation Day

Houseplants have been shown to reduce stress and improve indoor air quality. Choose low-maintenance air-filtration champs like spider plants (which are also pet-safe).



## National Clean Off Your Desk Day

Clearing clutter can heighten focus and lower stress. Consider ways you can get organized and donate or recycle what you no longer need.



## Martin Luther King Jr. Day

Read the full text of one of Dr. King's speeches aloud to friends and family or take on a new service project in his memory.



## Global Belly Laugh Day

Laughter lightens depression, relieves pain and can even improve immunity long-term. Queue up the cat videos or share a funny story and feel your tension melt away.

### SOURCES

Healthline: "A Hobby for All Seasons: 7 Science-Backed Benefits of Indoor Plants"

WebMD: "Mental Health Benefits of Decluttering"

Mayo Clinic: "Stress relief from laughter? It's no joke" Reviewed by Melinda Ratini, DO MS September 2023