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HDHeartbeat

A Health Designs Newsletter



Desk Detox: Start the Year Clear

Decluttering is more than just throwing things out. It is an intentional practice that offers many mental and emotional health benefits. Have you ever taken a seat at your desk and become overwhelmed with the piles of paperwork and notepads, scattered pens, and maybe multiple beverage containers strewn about?

Too much clutter doesn't just make an unsanitary workspace; it also affects our mental and emotional health. When we see visual clutter our brains become overstimulated, making it difficult to process information and focus on the tasks and projects that matter most. Clutter can also increase our feelings of shame, guilt, and embarrassment, precursors to

stress, anxiety, and depression.

Ready to ditch the clutter for success? Keep these tips in mind when starting your decluttering journey.

- Start small with one task, one pile, or one room at a time.
- Ask your family or friends for help on what to keep and what to donate.
- Snap a picture and write a memory associated with sentimental items.
- Decide where your donations are going like homeless shelters, churches, or other organizations.
- Change your mindset about your shopping habits especially if you are an impulse shopper.

IN THIS ISSUE

DESK DETOX:
START THE YEAR
CLEAR

FROM DESK TO DAILY
LIFE: RESOLUTIONS
THAT LAST

UNLOCKING YOUR
OVERLOOKED
BENEFITS: BEST USES
OF WELLNESS
PROGRAM



Health Designs

Healthier Employees. Healthier Results.



From Desk to Daily life: Resolutions that Last

We've all been there before. We spent so much time brainstorming, scheming, and writing down our goals. Sometimes we can execute them perfectly and other times we lose steam along the way. Maybe it's not how the goals are written but how we can keep them alive that matters the most.

- Break that goal down into smaller action steps that can be attained. If your larger goal is to exercise more, then plan to complete at least one ten-minute exercise session each day.
- Focus on changing one behavior at a time instead of tackling multiple behaviors at once. Behavior change takes time so it's best to focus on one unhealthy behavior at time.
- Reel in help from friends and family. Having a support network can not only motivate you but also keep you on accountable with your goals.
- Keep your goals alive all around you. Write your goals on sticky notes and stick them in areas you frequent the most list the bathroom mirror, the coffee maker, or even your steering wheel in your car. These reminders will help you keep your goals at the top of your mind.
- Reward yourself for hitting milestones to make goal setting more fun!
- Track your progress to see what works and what needs more tweaking.

HD MONTHLY CHALLENGE

For the month of January we invite you to start one health goal and keep it alive for the whole month. What's one thing you can do each day to support that goal?

Crispy Gnocchi with Spinach and Feta

- 1 lb gnocchi
- 2 tbsp olive oil
- 4 C fresh spinach
- 4 oz feta cheese
- 2 cloves garlic, minced
- Salt to taste
- Pepper to taste
- 1 tsp red pepper flakes, *optional*



1. Cook gnocchi according to package instructions. Remove with slotted spoon and set aside to drain.
2. In large frying pan, heat olive oil on medium-high heat and add cooked gnocchi. Cook undisturbed for another 2-3 minutes until golden brown and crispy on one side.
3. Gently stir gnocchi and cook for 2-3 minutes until crispy on all sides.
4. Reduce heat to medium and add minced garlic and saute for about 1 minute.
5. Add spinach and stir gently until it wilts, about 2-3 minutes.
6. Season mixture with salt and black pepper. Remove from heat.
7. Stir in crumbled feta to combine with other ingredients.

Unlocking your Overlooked Benefits: Best Uses of Wellness Program

401Ks, medical plans, and PTO days all seem to be included in standard benefits packages. But is there one benefit that is getting overlooked or underused? Your employee wellness program is designed to improve and support your total health and well-being. Some common components of a wellness program might include wellness assessments, smoking cessation programs, health education on various topics such as stress management, healthy eating, or physical activity, and challenges that are designed to motivate employees to adopt healthy lifestyle behaviors. Below are just some of the benefits an employee wellness program can offer:

- Health behaviors improve as more healthy habits are adopted.
- Your health improves when engaged in an employee wellness program. Those small healthy habits lead to big impact by lowering risk of long-term health problems.
- Productivity isn't just a company benefit; your productivity also improves with regular participation in an employee wellness program due to feeling well-rested, energized, and motivated to tackle those projects.
- Adoption of healthy behaviors such as regular physical activity, healthy eating, and healthy sleep help to build resiliency in the face of rising stress levels.
- When health risks are reduced so is the need for medical care and likelihood of being sick, allowing you to show up for your teams and your family.

THE LANGUAGES WE SPEAK AT WORK

Much like the well-known concept of love languages, individuals also have work languages. Discover how different work languages shape communication, motivation, and culture in our latest blog.

[Blog](#)

