

WORKPLACE WELLNESS



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Clear the Clutter for Your Health

January is recognized as Get Organized Month, making it the perfect time to refresh your space and mindset. Clutter doesn't just take up physical space—it can weigh on your mental health, increase stress and even impact productivity. By clearing the clutter, you set yourself up for a healthier, more successful year.

A survey commissioned by The Container Store revealed that 7 in 10 Americans pin the success of a new year on a clutter-free home.

Being organized extends beyond having a neat desk or a tidy home; it has a direct impact on your overall well-being. A cluttered environment can lead to feelings of overwhelm and anxiety, making it harder to concentrate and complete tasks efficiently. When your surroundings are orderly, your mind feels clearer, decision-making becomes easier and stress levels drop. Organization also saves time and energy, allowing you to focus on what truly matters instead of searching for misplaced items or juggling chaos. In short, an organized space creates a sense of control and calm that benefits both your mental and physical health.

Getting organized may seem overwhelming, but small, manageable steps can add up to big results:

- **Start small.** Pick one area, such as a drawer, a shelf, or even your email inbox, and tackle it first. Success in one spot builds momentum.
- **Declutter daily.** Spend just 10 minutes each day putting things back in their place. This simple habit prevents clutter from piling up.
- **Create systems.** Use labeled bins, folders or digital tools to keep items easy to find.
- **Go digital.** Reduce paper clutter by scanning important documents and storing them securely in the cloud.
- **Set limits.** Adopt a "one in, one out" rule for new items to keep your space from becoming overcrowded.

Organization isn't about perfection—it's about creating a space that supports your goals and well-being. By making small, consistent changes, you'll feel more in control and energized for the year ahead.

Health Benefits of Dry January

As the holidays end, Dry January is a popular wellness challenge where participants abstain from alcohol for the entire month. This initiative encourages people to take a break from drinking after the often-indulgent holiday season. The goal is to reassess one's relationship with alcohol and start the new year with a fresh perspective. Many people use the month to reflect on their drinking habits and make more mindful choices about alcohol.

While a month of sobriety can seem overwhelming to some, it comes with some advantages. A brief break from moderate to heavy alcohol consumption may offer the following health-related benefits:

- Better sleep
- Increased focus
- Improved mood

- Boosted energy
- Clearer complexion
- Potential weight loss

Alcohol can also contribute to various health conditions, such as high blood pressure, kidney or liver problems, heart disease and certain cancers. As such, a period of sobriety can positively affect one's well-being and overall health. If you have any questions or concerns about your alcohol consumption, talk to a health care professional.

Rescue Your Skin This Winter

Taking care of your skin properly can be challenging. The task can seem almost impossible to achieve when the temperature and humidity levels drop. Having dry skin may not seem like the most concerning health issue, but not treating it can result in itchiness, cracked or painful skin, as well as eczema and dermatitis.

A Harris Poll found that 6 in 10 Americans say their skin feels “unhealthy” during the winter.

Consider these skin care tips for the winter months:

- **Adjust your shower routine.** The length and temperature of your showers can significantly impact the dryness of your skin. Long and hot showers during the cold months can strip the natural oils from your skin, leaving it dry. Try short, lukewarm showers instead.
- **Use moisturizer.** Applying moisturizer, especially after showering, can help keep your skin hydrated and prevent dryness.
- **Avoid products with fragrances.** Oftentimes, the better a product smells, the more irritating it can be for your skin. As such, consider choosing fragrance-free skin products and laundry detergents.
- **Use a humidifier.** Humidifiers can add moisture to the air within your home, helping to prevent and relieve environmental dryness.
- **Stay hydrated.** Ensure you're drinking enough water throughout the day to improve the appearance of your skin and reduce its susceptibility to dryness.

Talk to your health care provider if you have specific skin health concerns.

Garlic Ginger Ramen With Beef

Makes: 6 servings

Ingredients

- ½ lb. lean ground beef
- 2 cups water
- 2 packages instant ramen-style noodles (3 oz. each, broken into small pieces)
- 16 oz. frozen stir-fry vegetables
- 2 green onions (thinly sliced)
- 1 Tbsp. fresh ginger (or ¼ tsp. ground ginger)
- 2 cloves garlic (minced or ½ tsp. garlic powder)

Preparations

1. In a large skillet over medium-high heat (350 F in an electric skillet), brown the ground beef. Drain fat from the skillet.
2. Add water and one ramen seasoning packet to the cooked beef and mix well.
3. Add the vegetables, green onion, ginger and garlic. Bring to a boil over high heat.
4. Add the ramen noodles, reduce the heat to low and simmer for 3 to 5 minutes, until the vegetables are tender, stirring occasionally.

Nutritional Information

(per serving)

- Total calories: 193
- Total fat: 5 g
- Protein: 11 g
- Sodium: 331 mg
- Carbohydrate: 27 g
- Dietary fiber: 3 g
- Saturated fat: 1 g
- Total sugars: 3 g

Source: MyPlate

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