Incivility at work is tit-for-tat exchanges, slights, verbal jabs, condescension, and discourteous interactions many employees give and get. Different from bullying, which is a form of workplace aggression and mistreatment, incivility is lower key. It’s more ambiguous, but it’s still harmful. Many researchers have shown that employees spend hours after an uncivil act thinking about it, processing it with a friend, and planning how to avoid the next incident. All this eats into productivity and has an economic cost. Incivility can be a factor in burnout, too, prompting workers to do less and call in sick more and continuing a cycle of morale problems.

Holiday Drinking and Driving Don’t Mix

Holiday drinking and driving don’t mix. On average, a drunk driver will drive 80 times under the influence before his or her first arrest. One person in the U.S. is killed in a drunk-driving incident approximately every 35 minutes—about 40 people a day. Ninety percent of all drunk drivers had someone sober nearby who could have intervened to help prevent their getting behind the wheel. Fifty to seventy-five percent of people who have their license suspended due to drunken driving drive anyway. 

Influenza can lead to hospitalization, even death. Each year, on average 35,000 people die from flu in the U.S. The majority are over 65. Being healthy as an ox won’t make you resistant to it. So the U.S. Centers for Disease Control and Prevention recommends getting vaccinated. Concerned about the vaccine’s risk, safety, what’s in it, and side effects? Learn more at www.cdc.gov/flu/protect/vaccine/general.htm. Flu virus strains change, but did you know the most infective strain hit in 1918-19? It killed 40 million people rivaling the Black Death of Europe in the 14th century!

Cook and Eat Healthier at Home

It’s easy to skip cooking at home when you face long work days, aggravating commutes, day-care drops, and errands. Unfortunately, you’re likely to be consuming more calories from carbohydrates, sugar, frozen meals, and instant foods when you’re on the go. To get healthier, gain less weight, and reduce the hassle of cooking at home, think pasta, casseroles, stews, curries, soups, risottos, stir-fries, and salads. With planning, you can easily stock up for two weeks with fresh, frozen, canned, and dried goods to cook fast and fresh meals. Research shows those who cook at home also eat less when they do eat out. Consider this book with the best reviews: “Cooking Light’s Fresh Food Fast: Over 280 Incredibly Flavorful 5-Ingredient 15-Minute Recipes.” Buy it gently used online for one cent (Amazon.com) plus shipping.

Cost of Incivility at Work
When January rolls around, will you be satisfied and proud that you did not let your diet get out of control? Here are a few time-tested tips from the American Association of Diabetes Educators to help you manage seasonal stress and the holiday food parade.  

1. Decide that you will enjoy the fun but still be healthy this season. Spend a few quiet moments planning out this goal.  
2. Make a written contract with yourself—literally, in writing, and sign it to help you stay motivated.  
3. Plan your plates to increase the veggies and reduce the starches, and choose the lean, nonfat meats on party trays that come your way.  
4. Alcohol—it’s everywhere. If your doctor says you can drink alcohol, remember it can interfere with some medications and insulin. Go with the light drinks—spritzers. Avoid the mixed drinks.  
5. Keep moving and stick with your exercise routine. After a meal, steer clear of the couch or lounger—take a walk instead.  
6. Consider a volunteer activity during the season. It will keep you moving, and the payback is comradeship while helping others and inspiring positivity and gratitude.  
7. Purposely plan time to unwind. Stress can wind you up like a clock spring. If you’re traveling, plan your diabetic supplies (double up) to prevent problems with travel delays and disease management mishaps.

Source: http://www.diabeteseducator.org (search “holidays”)