

STAY TOASTY AND WARM WHILE

TURNING DOWN THE THERMOSTAT



When the winter winds blow, it is tempting to adjust the thermostat up a few degrees to stay toasty and warm. However, turning to other (**FREE!**) ways to help keep you warm could help reduce your energy bills.



Each degree you reduce your thermostat saves 1% on your heating bill. No one home during the day? **Adjust your thermostat 7 to 10 degrees from its normal setting to save up to 10% annually.***

Source: Department of Energy

Here are ways to help you stay warm when it is cold outside:



Bundle up by wearing layers and heavy socks

Get your body moving and stay active

Use blankets while sitting still

Caulk windows and door frames that leak air



Replace or update old or ineffective door seals



Make sure your home's heating system is working properly

Keep your furnace clean and change the filter monthly



Let the sun shine in during the day and close window coverings at night



Reduce how long you use ventilation fans (they transfer warm air outside)



Keep a fireplace damper closed when not in use

Humidify your home to make the air feel warmer



If you use a portable space heater, use it safely and for short amounts of time. Using one for extended periods can cause your energy bill to spike since it draws a lot of power.

Learn more at:

Safe
Electricity.org[®]

If you have a heat pump, you may require a special programmable thermostat to maximize your energy savings.

ELF ON THE SHELF AND OTHER

HOLIDAY STRESSORS



Feeling overwhelmed this holiday season?
If so, you are not alone. According to a survey
of 1,000 Americans 18-55+ years old:

50%

say that holiday
shoppers cause them
the most stress

27%

with children begin to
feel stressed by early
November

TOP TWO THINGS THEY WOULD REMOVE IF THEY COULD



Black Friday

OR

Elf on a Shelf



Dislikes aside, the holiday season can cause
added stress for many people

TIPS TO COMBAT HOLIDAY STRESS



Identify negative self-talk
and replace it with more
positive messages



Maintain a healthy
eating and
exercise regimen



Keep your distance
from toxic or negative
people



Use positive affirmations
and take the time to
pamper yourself

Here's to finding some quiet time this holiday season

Survey Source: Total Brain