



Florida Insurance Brokers, simplifying a complicated subject like insurance and helping you design a benefit package that will attract and maintain a healthy, talented workforce.



Start With Self-Care

Self-care can take many forms. At its core, it's about doing things that support and nourish your physical, emotional, mental and spiritual health and well-being. This is especially true when it comes to [managing stress](#). It's about being in tune with what you need to [take care of YOU](#). Research says that daily stretching can reduce tension, increase blood flow, and improve range of motion and coordination.



We will be better able to cope and function, perform and even thrive, based on [four key pillars](#): 1) nutrition; 2) sleep hygiene; 3) social support; and 4) physical activity.

[Health Tip](#): List your stress triggers. Cross off ones you have no control over. Write down one way to deal with each stress trigger that remains.

Polar Plunge

A [Polar Plunge](#) is not for the faint of heart or the very timid. [Ice swimming](#) is for the bold and daring. Plunging into January's frigid waters is nothing short of insane yet invigorating. There are both mental and physical [benefits](#) said to be derived from cold-water swimming. Some studies confirm that even taking a cold shower can elevate blood levels of the body's own mood-regulating and painkilling hormones.



[In the News](#): Five perfectly [red heifers](#), required for ritual purification, arrived in Israel from a ranch in Texas, as the Temple Institute continues preparations to lay the ground for the construction of the Third Temple in Jerusalem. This purification is needed in order to allow the kohanim (priests) to carry out their work in a future Temple.



Perihelion

Perihelion is an [astronomical occurrence](#) when Earth reaches the closest point of over 91 million miles to the sun. On this day, the sun appears the largest in the sky for the entire year, gradually growing smaller through the remainder of the year. [Perihelion Day](#) varies each year due to precession and orbital factors that follow specific cyclical patterns. Perihelion does not directly affect Earth's temperature; it does not make us feel any warmer, nor does it provide respite from the chilling temperature. However, it does indirectly affect seasons because Earth's orbital speed is at its maximum at perihelion.



Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering group health insurance. Our online tools and enrollment system, along with a *personal touch*, help ensure benefit administration is done right. Let us help you.