



The Wellness Watch

promoting healthy lifestyles

December 2014—Volume XII

Stress & the Holidays

The holidays can be a time of great joy and togetherness shared with family and friends! But they can also bring increased stress that can reduce our enjoyment of the season. Here are some suggestions that may help you minimize your stress and enjoy your holidays more!

TIPS TO HELP MINIMIZE HOLIDAY STRESS

1. **MONEY STRESS.** Make a budget and stick to it. Big family? Draw names so everyone has to buy only one present instead of one for each family member. Give home made presents or make a donation to the recipient's favorite charity.
2. **SHOP EARLY IN THE SEASON.** If a busy shopping mall stresses you, try to go at off peak hours – early in the morning or mid-day on weekdays. Use mail order catalogs or shop on the internet.
3. **MAKE YOUR HOLIDAY PLANS EARLY.** Determine who, and when, you are going to visit and who's going to visit you to avoid last minute surprises.
4. **HAVE TOO MANY PLACES TO BE?** Consider creative solutions like celebrating the holiday on the day before or after. That way, you don't have to feel rushed splitting your time between multiple locations.
5. **IF TRAVELING, BE SURE TO LEAVE WITH PLENTY OF TIME TO SPARE.** Better to be early than late. Check the weather and road conditions too.
6. **IF YOU ARE ON A RESTRICTED DIET, OFFER TO HOST THE HOLIDAY MEAL.** This way you can stick to your diet. Remember everyone can benefit from your healthy eating habits. If going to others, offer to bring a healthy dish or two.
7. **DON'T BE CHAINED TO TRADITIONS.** Be open to something different and new. You just might find you end up establishing a new, better tradition.
8. **COMMUNICATE YOUR HOLIDAY WANTS AND NEEDS.** Be assertive and politely make your wishes and desires for the holiday plans known to those around you – and do this early.
9. **TAKE TIME FOR YOURSELF EVERY DAY.** Plan ahead how you will make (and take!) me-time during the holidays. The break doesn't have to be for long – a short walk, 5 minutes quiet time, read, listen to music, stretch or do yoga.
10. **LIVE ALONE? TRY TO MAKE PLANS TO CELEBRATE WITH OTHERS.** Consider volunteering at a nursing facility, shelter, or hospital near you. Much satisfaction can be found in brightening the lives of others. And if you know someone spending the holidays alone, invite them to share them with your family.
11. **BE REALISTIC IN YOUR EXPECTATIONS FOR THE HOLIDAYS.** Don't expect disagreements with family or friends to magically disappear just because it is the holiday season. Setting your expectations too high will likely result in you feeling disappointment and stress. Be realistic and you just might be surprised.
12. **IT IS ALWAYS OK TO SAY "NO."** Feeling overwhelmed or stressed? Put your own well-being first. Saying no does not make you a bad person. Choose the things that are most important to you and pass on the rest.

Tech Corner

4 Pictures—1 Word

Take a little time to relax — play a game!



4 pictures that have 1 word in common – what is it? Can you guess the words and unlock the levels? Countless puzzles from easy to tricky are waiting for you! New puzzles are added continuously for endless word fun! Available in Android and iOS. Rating: 4.5

Holiday Exercise Tips

It is important to recognize and accept that the holidays will have some impact on our regular exercise routines. With a little planning and creativity, you can keep this to a minimum.

1. Try to drop other "to do's" from your packed holiday schedule to free up some time for exercise.
2. If you can't make it to the gym in the evening because of a holiday activity, go earlier in the day or another day.
3. Work out at home. Try doing aerobics, yoga, or Pilates. Follow a DVD or a program on the internet or just do exercises like push-ups and crunches.
4. Have to go to the mall? Park far away from the door so you can get a short walk in. Walk a few laps in the mall before you start shopping. Keep your running or walking shoes in the car so you always have them handy.



Featured Food: Persimmons

Persimmons make their appearance in the fall and are a great addition to holiday foods. Ripe persimmons range in color from light yellow-orange to dark red-orange and vary in size from 0.5 to 4 inches in diameter depending on the species and variety. They may be spherical, acorn-shaped or pumpkin-shaped.

Health Benefits of Persimmon Fruit:

- Very low in fats.
- Very good source of dietary fiber. 100 g of fresh fruit holds 3.6 g or 9.5% of recommended daily intake of fiber.
- Contain health benefiting nutrients:
 - Anti-oxidants such as catechins, vitamin-A, *beta-carotene*, *lycopene*, *lutein*, *zea-xanthin* and *cryptoxanthin*.
 - Vitamin C (12.5%), another powerful antioxidant.

Featured Recipe:

Persimmon Salad with fall fruits and vegetables

This is a crunchy, refreshing salad that captures the flavors of fall.

Ingredients

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| ◆ 2 persimmons (2-3 inch diameter) | Dressing: |
| ◆ 1 apple-medium | 2 tablespoons citrus juice (lemon, orange, lime or combination) |
| ◆ 1 cucumber-small, peeled | 1 tablespoon honey or guava nectar |
| ◆ 1 turnip-medium, peeled | |



Preparation

Cut fruits and vegetables into matchstick pieces and combine in medium bowl. Mix together dressing ingredients; pour over fruit and vegetables, mixing well. Chill for 1-2 hours before serving.

Yield: Serves 8 (serving size: 1/2 cup)

Nutritional information per serving:

Calories 57, Fat .15g, (Saturated 0.01g, Monounsaturated 0g, Polyunsaturated 0.02g), Protein 0.4g, Carbohydrates 15.0g, Sugar 10.5g, Fiber 3.3g, Cholesterol 0mg. Good source of Vitamins A (14%) and Vitamin C. (18%).