



HAPPY
Holidays



LIVE WELL, WORK WELL

December 2022

Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Healthy Holiday Season.

UNHEALTHY FOODS TO AVOID OVER THE HOLIDAYS

Parties and get-togethers with your nearest and dearest are a typical fixture of the holidays. And food is not only one of the main focal points of these meetings but also a great source of temptation too. So it's a good idea to know which foods and drinks are best to be avoided or eaten in moderation.

Rather than obsessing about counting calories, it's better to stay alert and be aware that some healthy-looking dishes are surprisingly unhealthy. Knowing the ingredients of every dish – sweet or sour – is a good technique to help you work out which ones you can indulge and which are better to avoid.

Appetizers and false healthy options

Go through your options a few times. You may find dishes that look healthy at first glance but are actually a calorific trap. Let's take artichoke or spinach dips and nut mixes as an example. Artichokes on their own are very healthy and are packed full of great nutrients such as vitamin C, folic acid and potassium. But those benefits are drowned when cream cheese and mayonnaise are thrown into the mix. Every spoonful of this type of dip has around 50 calories – that's without including the cracker or bread that often goes along with it. If you can't resist trying it, then combine the artichokes with crunchy carrots or celery and skip the crackers.

Nuts, meanwhile, are rich in healthy fats, fiber, protein and essential nutrients such as magnesium, potassium, calcium plus some B vitamins and vitamin E. They can be high in salt, so eat in moderation.

Crab tartlettes are another dish that might look healthy at first glance but are often fried in oil and topped-off with mayonnaise. A better alternative would be something lighter like a prawn cocktail salad.

A common appearance at holiday parties are appetizers wrapped up in pastry – often filled with meat, cheese or vegetables. The fillings might be healthy but the outside is not as it's usually prepared with butter and trans fat. It's probably best to avoid these completely as they can be quite addictive too. Let's face it: Once you start, you'll struggle to stop!

Meatballs are another dish to be wary of. They tend to have a high fat content – plus, they are often deep fried in oil, increasing their unhealthy fat content and calories.

Portions of cheese are a common fixture at holiday get-togethers, however, you'll want to eat them in moderation as they generally have a high-fat and calorie content. Combine a small amount of cheese with grapes and vegetables and again – skip the crackers!

Traditional beverages

What's more traditional than an eggnog at this time of year? Nothing! While you might be tempted to toast the season with this iconic drink, you must bear in mind that one glass contains 300 calories – thanks to its decadent combination of eggs, cream and sugar. Add in a liquor and you're looking at 450 calories per glass... A way to not miss out on this tradition is to use skimmed milk and less eggs than the recipe specifies.

Cocktails are another holiday favorite. Between their combination of alcohol and high sugar content, cocktails are best to be avoided, as much as possible. Beer and wine have less calories but are not exactly the healthiest option either. Drinking plenty of water is a good way of staying hydrated and avoiding the over-consumption of these festive spirits!

Sweet treats abound this time of year and are a huge source of temptation. Decorated, filled or iced, they are delicious but a terrible enemy to our waistline! Eat in moderation or share with loved ones – after all – that is what the holidays are all about!

<https://www.hola.com/us/food/20221125326853/holidays-christmas-dieting/>

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Sick During the Holidays? 7 Unexpected Reasons You're Under the Weather

Certain seasonal routines may be silently weakening your immune system, but here's how to avoid getting sick during the winter season

Sick during the winter (holiday) season

The winter season can be a hotbed for illnesses, like cold, flu and other respiratory infections. Seasonal illnesses increase during this time of year (especially during the holidays), but they aren't always related to the weather. There are seasonal routines that may increase your susceptibility to getting sick without you knowing it.

Our medical experts reveal the unexpected reasons why you feel under the weather during winter break. Plus, add these winter foods to your diet to prevent a cold.

You eat more sweets

Wintertime is the season for frosted cookies, candy canes (during the holidays), and sugary lattes or hot chocolates, but digging into sugar can affect your waistline and your immune system. "There's evidence that sugar consumption lessens our abilities to fight off infections," says Kathryn Boling, MD, a family medicine doctor at Mercy Medical Center in Baltimore. "We put ourselves at increased risk right at the peak of the cold and flu season." While there are ways to boost your immune system naturally, eating simple sugars can halt phagocytosis, a process in which white blood cells attack and engulf viruses and bacteria, by 50 percent. (Steal these secrets from people who never get sick.)

You get dehydrated

While cold air doesn't necessarily make you sick, dry winter air can increase your risk of infection. "A virus replicates much more effectively on a dry mucous membrane than it does on a moist mucous membrane, so cold and flu spread like crazy in dry environments," says Dr. Boling. Turn on a humidifier when you go to sleep at night, drink lots of water, and apply moisturizer. "Hydrate inside and out," says Neha Vyas, MD, a family medicine doctor at Cleveland Clinic in Mayfield Heights, Ohio. "Scratching itchy, dry skin can introduce germs into your body."

You change your sleep schedule

"We go to parties, stay up a little later, and sleep later in the mornings," says Dr. Boling. "That disruption of the sleep routine can be a trigger in people prone to headaches." A 2016 study published in the journal *Medicine* found higher migraine frequency was associated with poor sleep quality and a higher prevalence of poorer sleepers. The researchers suggest a focus on migraine prevention through pharmacological approaches may help reduce the likelihood of migraine sufferers becoming poor sleepers.

You spend more time indoors

This time of year, the days are shorter and you may spend extra hours indoors to avoid the cold. "When you're not exposed to sunlight, you tend to sleep more and exercise less, which contributes to a weaker immune system," says Dr. Vyas. Vitamin D levels may also play a role as they boost immune cell production of microbe-fighting proteins.

Your tree makes you sneeze

Symptoms that don't improve or worsen over time could be "holiday" allergies. "Some people are allergic to evergreens," says Dr. Boling. "It may not bother them until they're constantly exposed to the trees during the holidays." Some trees may also harbor microscopic mold spores that trigger sneezing or an itchy nose. If you sniffle around Christmas trees, opt for an artificial tree, or leave a real tree to dry in the garage for a week and shake before bringing it indoors.

You shop more

Shopping during the holiday season or during the winter sales involves handling cash, opening store doors, and using germy ATMs. In 2014, as part of the Dirty Money Project, New York University researchers tested dollar bills and identified 3,000 types of bacteria, including bacteria that cause gastric ulcers, pneumonia, staph infections, and food poisoning. If possible, keep gloves on when you touch door handles or shopping carts, and wash your hands or use hand sanitizer before you eat lunch at the mall.

You get the blues

It's normal to feel a little lonely during the winter holidays or days like Valentine's Day. "People who don't have social support systems may watch TV, see families celebrating together, and feel much more isolated and depressed than they do other times of the year," says Dr. Boling. "This causes an increase in the stress hormone cortisol, which suppresses the immune system." If you feel very depressed, see a doctor, who may suggest therapy or medication. For a mild case of the blues, try volunteering or reconnecting with friends. It may be just what you need to spark holiday spirit and stay healthy.

<https://www.thehealthy.com/sleep/sick-during-holidays/>



5 Healthy Eating Tips for the Holidays

Here's your recipe for staying on track no matter what's cooking.

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for *weeks*.

How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:

1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.



3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating. Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

6. Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

<https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>



Stress, depression and the holidays: Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- 1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- 2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
- 5. Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.
- Start a family gift exchange.

- 6. Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.
- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- 8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.
- Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.

- 9. Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

- 10. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.



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Last Month's Events:

No Shave November Contest



Veterans Day Luncheon



Health & Wellness Seminar



Upcoming Events:

Service Awards

Tuesday, December 13, 2022
Mission Event center
8:00AM

Health & Wellness Seminar

"Mental and Physical Wellness Luncheon"

(*Lunch will be provided)
Thursday, January 12, 2023
at Speer Memorial Library
12:00PM – 1:00PM

Pre-Retirement Seminar

Thursday, January 19, 2023
Council Chambers
8:30AM – 10:30AM

Holidays

Friday, December 23, 2022
Monday, December 26, 2022
Friday, December 30, 2022
Monday, January 2, 2023










Let's Get Moving



HIIT Holiday Workout



Do the first set of exercises for 1 minute each. Rest 30 seconds, then do each exercise in the set again for 30 seconds. Rest 30 seconds, then move onto the next set. Finish with 2 minutes of stretching, for a total of 30 minutes.

-  *Set 1* - Squats + Mountain Climbers
-  *Set 2* - Alternating Backwards Lunges + Oblique Plank Twists
-  *Set 3* - Lateral Jumps + Push Ups 
-  *Set 4* - Jumping Jacks + Plank Hold
-  *Set 5* - Alternating Curtsy Lunges + Sit Ups
-  *Set 6* - Plank Jacks + Bicycle Crunches
-  *Set 7* - Jump Squats + Burpees 



Foodie Loves Fitness