

November 2022

Healthy Holiday Foods and Fun



Making smart choices as you celebrate

Mashed potatoes and gravy, Grandma's apple pie, and other holiday favorites can be a joyous part of any celebration. But to feel your best, you know you need to eat in moderation and stay active. How can you avoid temptation when delicious foods and calories abound?

1. **Write down your health goals for the season:** it may be to maintain, stay active, or reduce stress
2. **Adopt a flexible mindset:** resist the 'either-or' thinking to reduce being hard on yourself for small indulgences, weight gain, or overeating
3. **Look for opportunities to make healthy choices:** small choices can lead to big changes
4. **Eat what you love**—in moderation. Choose items that are unique to the season, rather than foods that are available the rest of the year
5. **When you feel the urge to splurge,** wait some time before you do to see if the craving passes. Balance with healthier items
6. **If you have an off day** with eating, exercising or stress response, remember that the next day gives you the opportunity to make new choices
7. **Involve your family in special exercise opportunities** such as a fun 5K, a walk at the park between meals—and bring your pet too, or a family game of flag football
8. **If holiday stress causes you to derail your healthy plans, consider ways to reduce stress and manage emotions.** These might include talking to a trusted friend, meditation, physical activity, or just getting outside
9. **Support your family and friends, too.** Encourage them to eat healthy during celebrations and throughout the year. If you're serving dinner, consider baking, broiling, or grilling food instead of frying. Replace sour cream with Greek yogurt, and mashed potatoes with mashed cauliflower. Make take-home containers available ahead of time, so guests don't feel they have to eat everything in one sitting.



Rethink Your Drink

Calories in drinks are not hidden but many people don't realize just how many calories beverages can contribute to their daily intake, but you have plenty of options for reducing the number of beverage calories.

Occasion: Morning coffee shop run

Instead: of... Medium café latte (16 ounces) made with whole milk

Calories: 265

Try... Small café latte (12 ounces) made with fat-free milk **Calories:** 125

Occasion: Lunchtime combo meal

Instead: 20-oz. bottle of nondiet cola with your lunch **Calories:** 227

Try... Bottle of water or diet soda **Calories:** 0

Occasion: Afternoon break

Instead: Sweetened lemon iced tea from the vending machine (16 ounces)

Calories: 180

Try... Sparkling water with natural lemon flavor (not sweetened) **Calories:** 0

Occasion: Dinnertime

Instead: A glass of nondiet ginger ale with your meal (12 ounces) **Calories:** 124

Try... Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice **Calories:** 0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.

Total beverage calories: 796

Try... **Calories:** 125-155

National Health Observances:



Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

- **American Diabetes Month**

The American Diabetes Association promotes [American Diabetes Month](#) in November to raise awareness about diabetes and share helpful resources.

- **Lung Cancer Awareness Month**

The American Lung Association recognizes November as [Lung Cancer Awareness Month](#) — a time to unite the country against lung cancer, the leading cause of cancer deaths in the United States.

- **COPD Awareness Month**

Every year the American Lung Association and other organizations use the month of November to [raise awareness about COPD](#).

Mental Health Minute

Maintaining Your Mental Health

- **Journal:** Tracking your day-to-day mood can give you time to pause and reflect on how you're feeling, especially if you've noticed that you're particularly upset or depressed.
- **Take time away from screens:** Taking some time off from computers and phones can be a helpful way to clear your mind and spend a few quiet moments by yourself.
- **Make a list of soothing strategies:** Creating a physical list of soothing activities (that you keep close on hand) can be a helpful visual reminder. When you sense yourself becoming stressed out, or even just need a break, check your list.
- **Ask for Help:** If you're starting to feel overwhelmed, reach out to someone you trust. Create a network of friends and others who you can fall back on for support.

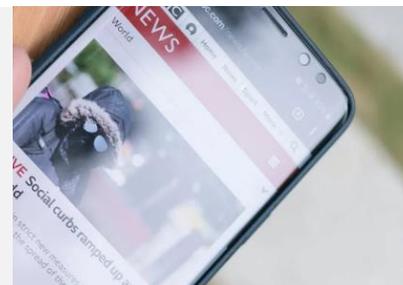
LIVE MONTHLY WEBINAR:

The Stress and Addiction of News Consumption

Date: 11/9/2022 | Time: 1:30 PM to 2:30 PM EST

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