

HEAD START NEWS FROM THE NURSE

HEALTH & WELLNESS

DECEMBER 2020

He's making a snack list, checking it twice



Naughty



Potato Chips
Candy Bars
White Bread
Frozen Pizza
Sugary Drinks
Sweetened Cereal
Cakes and Cookies

Nice



Carrot or Celery Sticks
Fruit or Dark Chocolate
Whole Grain Bread
Homemade Pizza
Water or Milk
Low Sugar and High Fiber Cereal
Greek Yogurt, Fruit, Dark Chocolate

Homemade Granola

2 cups quick cooking oats
 $\frac{1}{4}$ cup slivered almonds
2 T raisins
2 T sweetened shredded coconut
2 T brown sugar
2 T honey
1 T butter

In a large bowl mix together oats, almonds, raisins, and coconut. In a small saucepan stir brown sugar, honey, and butter over medium heat until bubbly 1-2 minutes. Pour over oat mixture and toss to coat. Transfer to baking pan coated with cooking spray and bake at 350 for 25-30 minutes stirring every 10 minutes.



STRESS, DEPRESSION, AND THE HOLIDAYS: TIPS FOR COPING

The holiday season often brings unwelcome guests — stress and depression. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining. And with COVID-19 cases on the rise, you may be feeling additional stress, or you may be worrying about you and your loved ones' health. You may also feel stressed, sad, or anxious because your holiday plans may look different during the COVID-19 pandemic. 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

- **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.
- **Reach out.** If you feel lonely or isolated, seek out community. They can offer support and companionship. It may also help to talk to a friend or family member about your concerns. Try reaching out with a text, a call, or a video chat.
- **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
- **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.
 - Give homemade gifts.
 - Start a family gift exchange.
- **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.
- **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.
- **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:
 - Eat healthy meals.
 - Get plenty of sleep.
 - Include regular physical activity in your daily routine.
 - Try deep-breathing exercises, meditation, or yoga.
- **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.

