



NAVIGATE

Steering you to a healthy, vibrant life

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Healthy For the Holidays

The holidays are busy and it is an exciting time of the year. Sometimes it can be easy to let healthy habits slip. Don't wait till the New Year to start working on your health!

Staying Active in Cold Weather

There are plenty of ways to be active in fall and winter, even if the weather turns cold. You can stay in shape and have fun while you're at it. Here are some ideas:

Indoors

- Go for walks at the mall with a friend. Local schools and churches may have indoor gyms where you can walk. You may want to use a phone app or pedometer to count your steps. This will help motivate you to walk more.
- Get some hand weights or stretch bands to use at home for resistance exercise. You can get fit while you watch your favorite TV show or listen to music. Try doing a little more each week. Use cans of food if you don't want to buy weights.
- Use an online exercise video or a smartphone app. This can be a fun way to stay in shape at home.

Outdoors

- Bundle up, and take the dog for a walk. This can help you make walks part of your daily routine.
- Shovel snow. This can be great winter exercise. But if you have heart problems or other health concerns, be sure to ask your doctor if shoveling snow is okay. Overdoing it can put dangerous strain on your body.

- Try a new winter activity like skating, cross-country skiing, or snowshoeing. When you do outdoor activities in less populated areas, be sure to plan ahead. Let people know where you will be, and take the right gear for the conditions.

Healthy Eating

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar.

A change to healthier eating also includes learning about balance, variety, and moderation.



Aim for balance. Most days, eat from each food group—grains, protein foods, vegetables and fruits, and dairy. Eat when you're hungry. Stop when you feel satisfied.



Look for variety. Choose different foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the nutrients you need.



Practice moderation. Don't have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay.

Reducing Holiday Stress

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may feel pressure to buy and give gifts. There never seems to be enough time to get things done.

Think about the kinds of events that trigger stress for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress. Here are some ideas:

Preparing for the Holidays

- Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.
- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.
- Share the tasks. You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.

- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
- Be realistic. Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you.

During the Holidays

You may not be able to avoid stressful situations during the holidays. But you can plan to respond to them in a healthy way.

- Take breaks from group activities. Pay attention to your own needs and feelings. Meditate, or do some relaxation breathing. Go for a short walk.
- Keep a regular sleep, meal, and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.
- Get support if you need it. Holidays can sometimes trigger depression. They can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. Talk with your doctor about counseling and medicine for depression.



For more information visit www.healthwise.net/magellanhealth and search for "Quick tips: Reducing Holiday Stress," "Healthy Eating," or "Quick Tips: Staying Active in Cold Weather."



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