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De-Stress the Holidays



healthy tip

Do something you enjoy to help ease stressful times.

The holiday season can be a very stressful time for everyone. From balancing family dynamics to finding the perfect gifts to making time for it all — the stress adds up quickly. This season, de-stress and make the holidays a fun and exciting time.

Try these tips for a stress-free holiday:

- Focus on one thing at a time. It may sound silly to uni-task during one of the busiest times of the year, but focusing on one task at a time will allow you to be more relaxed and actually enjoy what you're doing.
- Create a holiday playlist. Research has shown that listening to music (not just Christmas music) can reduce stress hormones and anxiety, so crank up the tunes and stay calm.
- Take a shortcut to joy. Just because your family moved back in for the week doesn't mean you have to give up everything you enjoy in your daily routine. If you like to read, keep your reading time but just know it may be shorter than usual. Holding on to the things we enjoy most in our day helps ease the stressful times, even if the joy is in smaller doses.

National Influenza Vaccination Week

If you haven't gotten your flu shot yet, it's not too late. National Influenza Vaccination Week is December 6-12. If you haven't done so already, make time this week to get vaccinated. Many people get the flu during the fall or winter, so don't delay. Getting the flu shot not only helps protect you but also helps those around you.

For more information, go to cdc.gov/flu.

healthy tip

Get vaccinated as soon as possible to help keep you flu-free for the rest of the season.



Get Fit – Workout with TV

healthy tip

Try doing squats or push-ups during commercial breaks.



Colder weather and shorter days can easily disrupt workout routines. Add in winter shows and sports on television and we can quickly turn into couch potatoes. Turn TV time into workout time by exercising during commercials instead of just sitting there.

Live Fit – Keep Germs Away This Winter



healthy tip

Don't share germs - stay home when you're sick.

Along with the return of cold weather, it seems that colds and other illnesses increase.

National Handwashing Week — December 6-12 — helps to raise awareness about germs and how we can help to prevent them from spreading.

Throughout the day, you accumulate germs on your hands from touching different objects or people. You can then infect yourself with these germs by touching your eyes, nose, or mouth.

Always remember to:

- Wash your hands frequently
- Cover your nose and mouth with a tissue when coughing or sneezing
- Avoid touching your eyes, nose, or mouth excessively



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Eat Fit – Try New Desserts for the Holidays

Everyone loves the desserts that follow big holiday meals but most of us don't need the extra calories. You can avoid the unwanted calories while still enjoying that yummy pumpkin or chocolate dessert by serving smaller portions.



healthy tip: Make muffins or tarts instead of pies or cakes.

Old-Fashioned Cranberry Sauce



Ingredients (makes 12 servings):

- 1 tablespoon canola oil
- 1/2 cup chopped onion
- 1/2 cup maple syrup
- 1/2 cup water
- 1/4 teaspoon ground ginger
- 1 package (12-ounces) fresh cranberries
- 2 teaspoons grated orange rind

Preparation:

Heat oil in a medium saucepan over medium-high heat. Add onion and sauté for 4 minutes. Add maple syrup, water, ginger, and cranberries; bring to a boil. Reduce heat, and simmer for 8 minutes or until cranberries pop.

Remove from heat and stir in orange rind.

Serve chilled or at room temperature

Nutrition information per serving:

112 calories, 1.2 g fat, 0.2 g protein, 25.5 g carbohydrates, 1.5 g fiber

(Source: **Cooking Light**)