



Total Wellness[®] BECOMING A TOTAL PERSON[®]

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Pull the Plug on Headache Pain

According to the National Headache Foundation, headache sufferers can take an active role in managing their pain. **Here are several strategies for pulling the plug on headache pain:**

- ◆ Maintain a regular sleep/wake cycle. Go to sleep at the same time every night and wake up the same time each morning.
- ◆ Use hot or cold packs. Place a heating pad on the base of your neck or a cold pack on your forehead. A warm or cool shower may also be helpful.
- ◆ Practice deep breathing. Slowly inhale through your nose, filling your lungs with fresh air, and slowly exhale through your mouth to help you relax.
- ◆ Keep a log of foods that trigger your headaches. See if removing these foods from your diet reduces your headaches. Remember not to skip meals.
- ◆ Supplement your diet. Some headache sufferers may have a low magnesium level. Talk to your doctor about taking a supplement.
- ◆ Get a massage. Some studies suggest massage can decrease headache frequency and promote relaxation to relieve stress.

Source: National Headache Foundation, www.headaches.org.

Dealing with Holiday Headaches

The holidays are traditionally a time of joy, excitement, and good cheer. However, for some people, all the celebrations, family gatherings, and other activities can also cause an added amount of stress and tension – two key triggers in the onset of headaches.

To battle holiday headaches, the National Headache Foundation (NHF) offers these tips:

- ❖ Take extra steps to prevent headaches when traveling. Pack extra medication, take your own sleeping pillow, make flexible plans, and get plenty of rest. Talk to your doctor about adjustments to your medications for high altitudes, time zone changes, or different climates.
- ❖ Make checklists. Compile a list of everything that must be done and divide the tasks among all family members to lighten the load on one person.
- ❖ Be aware of smoke- and perfume-filled rooms. According to the NHF, both are typical celebration environments that can trigger headaches. If possible, get some fresh air or find an area that's relatively smoke- and perfume-free.
- ❖ Avoid skipping meals. Empty stomachs can spur headaches. If you're

unable to follow your normal eating pattern during the holidays, pack healthy snacks like fresh fruit or whole-wheat crackers to nibble on when you're hungry. Avoid foods such as ripe cheeses, processed meats, and chocolate, which may trigger headaches in some people.

- ❖ Avoid last-minute shopping. Crowded stores and long lines can trigger tension-type headaches. Utilize catalog or online shopping as a stress-free option. Also, start shopping early and ask for a holiday wish list in advance to make your shopping more simple.
- ❖ Keep normal sleeping patterns. Limit the number of late-night parties and gatherings you attend. Sleep changes can trigger headaches.

❖ Schedule personal time. Plan to visit friends, take a long walk, and give yourself a break from crowded places. Have realistic expectations about your holiday visits.

❖ If you begin experiencing more frequent or severe headaches during the holidays, call your doctor for an accurate diagnosis and treatment tips.

Source: National Headache Foundation, 1-888-NHF-5552 or www.headaches.org.



Putting Limits on Spending

During the holidays, keeping a tight rein on your budget can be as difficult as it sometimes is to drive the speed limit when driving a car. In fact, some people may speed out of control on their holiday spending and come to regret it later when the bills arrive in the mail. **Here are tips on how you can slow down on spending this holiday season:**

- Set a limit and stick with it.
- Avoid using credit cards unless you're able to pay them off when the bills arrive.
- Figure in all the expenditures, including cards, food and beverages, new clothing, and so on.
- Avoid feeling pressured to overspend based on what you think others are expecting.
- Spend within your predetermined means.
- Begin shopping early and pay attention to sales.
- Take the time to comparison shop.
- When you reach your budget, stop shopping. Accept the mindset that "when it's gone, you're done."
- To supplement gifts, give homemade gifts or volunteer your time to baby-sit, do yard work, cook a meal, or help take down decorations.
- If you have a large family, suggest that your family draw names. This will limit the number of gifts you have to purchase and ease your financial stress.
- Focus on spending time with your family and friends rather than on spending money.



Lull Yourself to Sleep

Watching the bright light of a television or a computer screen less than an hour before bed is enough light to upset your circadian rhythm and delay sleep.

Studies show that listening to relaxing music for 45 minutes prior to bedtime for three weeks improved sleep quality. If you try it, nix upbeat, fast music because it's not relaxing.

Here are several other tips on how to get a good night's sleep:

- Maintain a regular bed and wake time schedule, including weekends.
- Establish a regular, relaxing bedtime routine.
- Create a sleep-conducive environment that's dark, quiet, comfortable, and cool.
- Sleep on a comfortable mattress and pillow.
- Finish eating at least two to three hours before your bedtime.
- Exercise regularly. It's best to complete your workout at least a few hours before bedtime.
- Avoid nicotine—cigarettes and tobacco products.
- Limit or avoid caffeine—coffee, tea, soft drinks, or chocolate—close to bedtime.
- Avoid drinking alcohol before bedtime.



Sources: National Sleep Foundation, www.sleepfoundation.org and the Better Sleep Council, www.bettersleep.org

When You Miss Someone...

The holidays can be a very difficult time when you're grieving the loss of a loved one. **Here are a few tips on how to cope:**

- Know that the pain and loss you're feeling is normal.
- Realize that it's okay to cry and mourn your loss.
- Create new family traditions but remember the old ones.
- Do something in memory of your loved one.

Seek Harmony in Your Marriage

Emerson Eggerichs, author of *Love and Respect* gives this advice on marriage:

For husbands:

- Show affection.
- Enjoy time together, focusing on each other and laughing together.
- Set a date night with a little romantic candlelight or a stroll in the park.
- Discuss ideas and get her opinions.

For wives:

- Tell him you love him and show it.
- Value his opinions and desires.
- If he plays sports, go watch him play and do recreational activities with him.
- Let him spend time alone and then reconnect with him later.

Making Holiday Memories

Holiday traditions have special meaning for many families



and can be passed down from generation to generation. **Here are ways to make holiday memories:**

- Set aside a special time for everyone to join in on decorating for the holidays. Play festive holiday music in the background.
- Plan the meal together and then assign different family members to prepare certain dishes. Children can also help if you exercise caution.
- Find a fun craft to do as a family. For quick and easy ideas, visit http://familyfun.go.com/arts-and-crafts/season/feature/holiday_main_ms/.
- Go caroling at a local orphanage, hospital, or nursing home. (Be sure to get permission beforehand if needed.)
- Adopt a family for the holidays. Invite them to join your family for the holidays.
- Play board games as a family.
- Watch a classic movie together—maybe the same one every year. Enjoy air-popped popcorn and apple cider.

Celebrate the Holidays Safely

The holiday season is the busiest time on the roadways and it's also one of the most dangerous, due to a high-incidence of alcohol-related traffic accidents. In fact, according to the National Traffic Safety Administration, about three in every 10 Americans will be involved in an alcohol-related crash at some point in their lives.



To protect yourself and your family, here are several safety reminders on how to host a safe holiday party:

- ◆ Have something to do other than drink. Play games, have a gift exchange, make holiday crafts, have music and dancing, tell stories, or play cards.
- ◆ Have healthy foods or snacks available during the entire event. Eating slows the absorption of alcohol into the bloodstream. Limit salty foods as they make guests thirsty.
- ◆ Serve alcohol-free beverages in fancy glasses so they're more appealing. Offer a variety of drinks, including soft drinks, fruit juices, bottled water, coffee, and tea.
- ◆ Hire a bartender who is trained in the responsible service of alcohol. Avoid allowing guests to serve themselves and never serve alcoholic beverages to someone who is underage.
- ◆ Close the bar an hour before the event is over.
- ◆ Never allow a guest to drive drunk. Call a taxi, find another guest to drive him or her home, or offer a bed for the night.
- ◆ Take the keys away from guests who clearly shouldn't be driving.
- ◆ Encourage everyone to buckle their seatbelts when they leave the party.

Wash Away the Germs

To prevent the spread of germs, always wash your hands after you:

- go to the bathroom
- blow your nose, cough, or sneeze
- handle garbage
- touch a pet or clean up after a pet
- come into contact with someone who is sick
- rub your nose.

To wash your hands well, remember these tips:

- Use soap and warm water.
- Scrub your hands well.
- Wash between your fingers, on your wrists, under fingernails, and on the backs of the hands.
- Rinse well.
- Dry your hands with a paper towel.
- Use the paper towel to turn off the water and open the door.

Light Up Your Holiday Safely

As the holidays approach, the U.S. Consumer Product Safety Commission (CPSC) encourages people to look for and eliminate potential dangers from holiday lights, decorations, gifts, and fireplaces.



The CPSC suggests these safety tips for decorating this holiday season:

- ▲ When purchasing an artificial tree, look for the label "Fire Resistant." Although this label doesn't mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- ▲ When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches, and when bent between your fingers, the needles don't break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree shouldn't lose many needles.
- ▲ When setting up a tree at home, place it away from fireplaces and radiators. Heated rooms dry live trees out rapidly, so be sure to keep the stand filled with water. Place the tree out of the way of traffic and don't block doorways.
- ▲ Use lights that have been tested for safety by a recognized testing laboratory, which indicates they meet proper safety standards.
- ▲ Check each set of lights – new or old – for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- ▲ Use no more than three standard-size sets of lights per single extension cord.
- ▲ Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.
- ▲ Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they won't be knocked over. Extinguish candles when you leave a room.
- ▲ In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.
- ▲ Don't burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.



For more safety tips, visit the U.S. Consumer Product Safety Commission at www.cpsc.gov.

Anticipate the Opportunity of Change

By Paul J. Meyer



Change is an integral part of life. If nothing changed, management would be a simple process of developing smooth, workable procedures, and then sitting back to watch them operate. But since change is inevitable, every executive faces the challenge of managing change.

Change can frighten or challenge, depress or inspire, and paralyze or energize. Since you cannot prevent, avoid, or escape change, your best option is to anticipate it, prepare for it, and channel it constructively. **Consider these tactics for viewing change as an opportunity:**

- ▲ Establish clear goals. An organizational or personal goals program makes change less threatening and more manageable because goals define the changes to be made, the direction they will take, and the actions you must take. Goals alleviate fear of change by spelling out the benefits to be enjoyed and projecting a picture of the rewarding conditions to be established.
- ▲ Encourage personal growth. Involve team members in personal growth. When team members grow personally, their positive attitudes, enthusiasm, and excitement about their work is contagious. They support one another – and you, too.
- ▲ Involve team members in the process of planning, tracking results, and providing feedback. Participation provides a sense of ownership and encourages commitment to the overall success of the organization. It also reduces the threat and fear of change.
- ▲ Provide a safety net. When you ask people to change, provide a safety net in the form of a provision for handling unexpected obstacles or roadblocks. Base these provisions not on punishment but on positive support such as specific feedback, open and frequent communication, and increased involvement by the top executive.
- ▲ Be flexible. The secret of managing change constructively is flexibility – the careful balance between maintaining control and considering the needs of people. When you are sensitive to people’s needs, they respect you and willingly follow your leadership.

Whether change is chosen or thrust upon you, handle it by welcoming it as a time of growth.

Paul J. Meyer is a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. For more information, visit his website at www.pauljmeyer.com.

Finding the Link Between Resilience and Saying "No"

Resilience is usually associated with life-changing events, but can be even more important in handling daily life. Sometimes it’s not the big events that get people down, it’s the barrage of everyday tasks and aggravations. One way to maintain resilience – the ability to handle problems and move on – is to avoid extra responsibilities.

The key is to learn how to say no. Saying “yes” too often means you’re letting other people decide how you’ll use your time, says Dr. David Posen, author of *The Little Book of Stress Relief*.

Saying no can reserve your energy and enthusiasm for things you want to do and have to do. You and everyone you associate with will be better off.



Here are a few ways to say no:

- ▲ Say the truth. Tell them you just don’t have time to do it.
- ▲ Delay. Even though you would like to do it, say you have to check with your spouse or your calendar.
- ▲ Choose the fast no. Be ready with an immediate reason. You can’t do it because you’re expecting company from out of town or helping a friend that day.
- ▲ Select the sympathetic no. You really wish you could, and you sympathize with their situation, but you just can’t do it.
- ▲ Avoid being swayed by flattery. If they say you’re the best one to head up the festival or lead the club, say you wish you could do it, but you truly can’t.

Note: Avoid overusing your right to say no. There are times when you may be available to help with a project, function, or service in your community or workplace. Helping others when you have the time is one way you can plug in.

InSync® Moment – Helping the Less Fortunate

In the midst of the shopping, decorating, gift-giving, and merry-making, remember those who can’t. Donate toys and clothes. Make financial contributions. Serve meals. Invite an “outsider” to your celebration. Participate in gift-giving events for underprivileged children. In the spirit of love, peace, and good will, do something to help the less fortunate... now and often.



© Susan Pilgrim, Ph.D., author of *Living InSync®*. Contact her at pilgrim.s@sbcglobal.net.

Know How to Talk to Your Doctor

Your doctor may not be able to correctly treat your medical problem unless you can describe it effectively.

Here are some questions you should be prepared to answer:

- ◆ Can you pinpoint exactly where your pain or discomfort is?
- ◆ Can you describe how it feels? What are your symptoms?
- ◆ Can you compare it to another type of pain?
- ◆ How often does it occur?
- ◆ How long does it last?
- ◆ Is there anything you can do that changes it?
- ◆ What makes it worse?
- ◆ When did you first notice the pain?
- ◆ What were you doing at the time you first experienced the pain?

It's important to know how your body works and to become an active participant in your own care. An easy flow of conversation can provide your doctor with the necessary information to diagnose and treat you more effectively. In fact, most doctors can make an initial diagnosis within one minute of talking to a patient.

Plan Your Holiday Trip Wisely

- ◆ Arrange a relaxing trip and a relaxing schedule at your destination.
- ◆ Minimize jet lag by arriving close to your usual bedtime, according to your destination time zone.
- ◆ Always carry your health insurance cards and the phone number of your doctor with you.
- ◆ Avoid wearing tight clothing.
- ◆ Check to be sure you carry all of your medications. Diabetics should take an appropriate snack in case of a hypoglycemic attack.
- ◆ Avoid traveling alone whenever possible.

Dealing with Diabetes and the Holidays

For people who have diabetes, the holidays can be stressful. The temptation of calorie- and sugar-rich foods can be almost overwhelming. However, you can enjoy the holidays if you balance your food, activity, and medication. **If you have diabetes,**

here are several tips:

- ◆ Know that you'll be tempted and make plans for how you will handle it.
- ◆ Remember that moderation is the key.
- ◆ Eat a light, healthy snack an hour before the party so you can avoid the tendency to overindulge.

◆ Suggest a meal schedule that works with your medication schedule. Avoid skipping a meal. If you have to, eat a healthy snack.

◆ Cook healthy alternatives to traditional foods. Have a vegetable platter with low-fat crackers and fat-free dip available for nibbling.

◆ Get plenty of exercise. Take the stairs instead of the elevator or escalator, walk the dog, play with the kids, or rake the leaves.

◆ Remember to take your medications as prescribed by your doctor.



For more information on diabetes, visit the American Diabetes Association at www.diabetes.org.

Live Longer: Get Checked Out

According to Healthy People 2010, life expectancy for every age group has increased during the past century. However, there's always a need for improvement. One way to extend your life is to get checked out. Regular wellness checks, exams, and screenings can help you live a longer, healthier life.

For more information on ensuring a healthy life and living longer, visit www.healthypeople.gov.



Avoiding Travelers' Thrombosis

Deep vein thrombosis (DVT) is the development of a blood clot (thrombus) in the deep veins of the legs, pelvis, or arms. According to the National Heart, Lung, and Blood Institute, only about half of the people who have DVT have symptoms. The symptoms may include: • swelling of the leg or foot • pain or tenderness in the leg (the pain is usually only in one leg and only present when standing or walking) • feeling of increased warmth in the area of the leg that's swollen or that hurts • red or discolored skin.

If you have DVT and are planning any type of travel that involves sitting for long stretches of time, it's important to talk to your doctor and take precautions. **Here are a few to consider:** • Walk for 30 minutes before leaving on your trip. • Take short walks at stops during a car trip and walk in the aisles on an airplane when possible. • While seated, do easy stretches such as rotating your shoulders and flexing and pointing your feet every 20 minutes. • Elevate your feet by propping them up on luggage or another object. • Wear loose clothing and avoid clothing that constricts blood flow. • Stay hydrated by drinking lots of water – one glass an hour is good. • Talk to your doctor about wearing compression stockings during a journey longer than eight hours.



Make the Mind-Body Connection

Did you know that you can use your thoughts to positively influence some of your body's physical responses and decrease stress as well? For example, if you recall a time when you were happy, grateful, or calm, your body and mind tend to relax when you think of these times.



Studies have shown that relaxing exercises can decrease anxiety, lessen pain, enhance sleep, decrease the use of medication for postsurgical pain, decrease side effects of medical procedures, reduce recovery time and shorten hospital stays, strengthen the immune system and enhance the ability to heal, and increase sense of control and well-being.

There are several types of relaxation exercises. **Some include:** • yoga • relaxation breathing • massage • Tai Chi • meditation • visualization • biofeedback.

Here are some tips: • Set aside time in your daily schedule to relax and reenergize your mind and body. • Choose a relaxation technique that is good for you. Select one that meets your specific needs, preferences, and fitness level.

If the Flu Catches Up to You...

Unfortunately, not everyone will be able to avoid the flu this season. If you fall victim to the flu, here are general steps to help you feel better and get well:

- ◆ Get plenty of rest.
- ◆ Drink plenty of fluids.
- ◆ Avoid alcohol and tobacco.
- ◆ Consider taking over-the-counter medications to relieve the symptoms of the flu. Note: Never give aspirin to children or teenagers.
- ◆ Stay home and avoid contact with other people to avoid spreading your illness.
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze to avoid spreading your germs.

If you're at high risk for complications from the flu – people 65 years old or older, people with chronic health conditions, pregnant women, or children – you should contact your doctor as soon as flu symptoms begin.

If you or a loved one experiences complications such as high or prolonged fever, trouble breathing, bluish skin color, fainting, change in mental status, pain in the chest, severe or persistent vomiting, or no improvement, seek medical attention immediately.

Prevent Knee Injuries

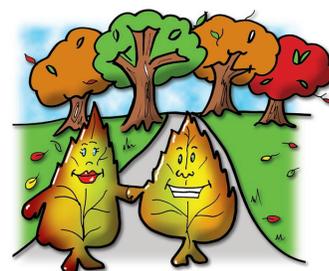
A recent study at the University of Michigan concluded that female athletes are eight times more likely to have knee injuries compared to men. When I first read this I was a bit shocked, but then it made sense because most women that I train have stronger quadriceps than hamstrings. The quadriceps muscle helps you straighten and extend your leg, and the hamstring helps you to bend your knee. If there is a muscular imbalance then it can cause stress to the knees which can cause injury.

The knee joint is made up of bone, ligaments, cartilage and fluids. Muscles and tendons help the knee joint move. A common injury is to the anterior cruciate ligament (ACL). ACL and other knee injuries are common sports injuries that typically occur due to stress, overuse, or overcompensation. Quick twisting movements can trigger this injury as well as weak hamstrings.

It's important to train properly to prevent any type of knee injury from occurring. Always warm up and cool down, and remember to work up to your training program slowly. Listen to your body. I recommend performing jump squats (unless of course you already have stressed knees), hamstring curls, dead lifts, and donkey kicks. These exercises will all concentrate on the hamstrings (back of the leg) so that the opposing muscles will work together in a balanced fashion eliminating negative knee stress.

Stretching is critical to prevent from injury as well. Flexible muscles help support and protect joints. If you play a seasonal sport, make sure to train for that sport year round even if it's at a lower intensity during the "off-season." This will assist to maintain coordination, strength, and flexibility and you will be less likely to become injured during the competitive season.

Prevention from injury is the goal. It's a lot easier to exercise properly to improve your risk of injury than to have to deal with surgery and recovery due to neglect and being lazy. I encourage you to take the minimal time required to take care of your knees daily.



Wendie Pettis is a nationally renowned fitness expert, mother, speaker, author of *Every Woman's Guide to Personal Power*, and creator of the *Visibly Fit™* exercise program. Her many *Visibly Fit™* instructional DVDs teach wellness maximization through the balance of mind, body, and spirit as well how to use your body as your gym! As a personal trainer and wellness coach, Wendie offers seminars to corporate groups and individuals. To learn more about Wendie or to schedule group or individual training/coaching visit – www.wendiepett.com.



Balsamic Marinade

- 3 cups chicken stock (fat-free/low salt)
- 1/2 cup olive oil
- 2 cups balsamic vinegar
- 1 Tbsp. cornstarch
- 2 Tbsp. water
- 1 Tbsp. minced garlic
- 1 tsp. cracked black pepper
- 1 Tbsp. chopped fresh thyme
- 2 Tbsp. chopped fresh cilantro
- 1 Tbsp. chopped fresh basil
- 1/2 Tbsp. chopped fresh oregano
- 1/2 Tbsp. chopped chives
- 1 Tbsp. Pickapeppa sauce (or hot pepper sauce of your choice)
- 1/4 cup orange juice
- juice of 1 lime
- 1 serrano or jalapeno pepper, seeded and diced
- 2 tsp. creole seasoning

Heat chicken stock, oil and vinegar. In a separate bowl, blend together the cornstarch and water. Add to the stock mixture. Gently boil for 1 minute to thicken.

Remove from heat and cool. Add remaining ingredients and refrigerate.

Use for marinating meats and vegetables. Marinating time can vary from 15 minutes to overnight.

Makes 50 servings, 2 Tbsp. each.

Each serving contains: 21 calories, 0 g. protein, 2 g. fat, 0 mg. cholesterol, 1 g. carbohydrates, 43 mg. sodium. Calories from fat: 85 percent

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, *The Energy Edge*, gives power points to have energy for life!



Cooking Tips for the Holidays

Thanksgiving dinner is traditionally a time when families gather together to reflect on what they're thankful for and partake of a bountiful meal. However, it can wreak havoc on healthy eating if you're not careful. **Consider these light cooking suggestions for the holidays and all the other days of your year:**

- Use skim milk, nonfat plain yogurt, skim-milk cheese, low-fat or nonfat cottage cheese, and light cream cheese in place of higher fat dairy choices.
- Buy lean cuts of meat and trim well, before and after cooking – and cook in a way that diminishes fat, such as grilling or broiling on a rack.
- Remove skin from poultry before cooking; you will cut the fat by 50 percent!
- Use cooking sprays and nonstick skillets that enable you to brown meats without grease. Sauté ingredients in stocks and broths.
- Baste with tomato or lemon juice, white wine Worcestershire sauce, or stock instead of butter.
- Purchase and use monounsaturated oils such as canola or olive oil for salads or cooking.
- Use avocados and olives sparingly.



They're concentrated sources of fat.

- Use legumes (dried beans and peas) as a main dish or a meat substitute.
- Use two egg whites or egg substitute in place of whole eggs.
- Refrigerate soup stocks, meat drippings, and sauces, and remove the hardened surface layer of fat before reheating.
- Use pureed cooked vegetables, such as carrots, potatoes, or peppers, to thicken soups and stews instead of creams or egg yolks.
- Replace one-quarter to one-half of the ground meat or poultry in a casserole or meat sauce with cooked brown rice, couscous, or cooked beans.

BLACK-EYED PEA AND CORN SALAD

**Makes 8 servings,
1/2 cup serving**

- 16 oz. (or 2 cups frozen) black-eyed peas
- 1/4 cup chicken stock (fat-free/low salt)
- 1 cup frozen corn kernels, thawed
- 2 plum tomatoes, diced
- 3/4 red onion, minced
- 1 serrano pepper, minced
- 2 Tbsp. finely chopped cilantro
- 1 tsp. olive oil
- 4 cloves garlic, minced
- juice of 1 lime



- 1/4 cup Balsamic Marinade (see sidebar)
- 1 tsp. cumin
- 2 tsp. hot pepper sauce
- 1 tsp. creole seasoning

Follow package instructions to cook black-eyed peas in 1/4 cup chicken stock; cool. Combine all ingredients. Allow to marinate at least one hour.

Each serving contains: 85 calories, 4 g. protein, 1 g. fat, 0 mg. cholesterol, 15 g. carbohydrates, 170 mg. sodium. Calories from fat: 10 percent

From Pamela Smith's Eat Well, Live Well. Visit www.pamsmith.com for more information.

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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Minimize Your Stress During the Holidays

The holidays can be highly stressful for some people. **Here are several ways you can ease the stresses of the holidays:**

- Budget your time as well as your money. Avoid last-minute shopping and preparations.
- Plan ahead by making a “To-Do” list and prioritizing what needs to be done.
- Be realistic with your plans. Realize that you don’t have to attend every social event that comes along. When planning your time, choose quality over quantity.
- Delegate when possible. Share the shopping, cooking, cleaning, and other duties with your family members.
- Take care of yourself. Continue to exercise, eat right, and get plenty of rest.
- Maintain a positive attitude. Try not to worry about things that are out of your control.
- Treat yourself to a massage or other relaxing activity you enjoy. Take a friend along with you.

Block the Blues This Holiday

Winter and the holidays can be a sad, lonely, and unsettling time for some people. This condition has come to be known as the wintertime blues.

The wintertime blues can affect men and women, young and old. Factors that typically contribute to wintertime blues include increased stress and fatigue, unrealistic expectations, financial stress, over-commercialization, and the inability to be with one’s family or friends. In addition to these factors, dealing with the demands of shopping, parties, family obligations and house guests can contribute to feelings of being overwhelmed.

The symptoms of the wintertime blues often include: • headaches • inability to sleep or sleeping too much • excessive drinking • agitation or anxiety • changes in appetite causing weight loss or gain • excessive or inappropriate feelings of guilt • diminished ability to think clearly • lack of concentration • decreased interest in activities – such as food, work, friends, hobbies, or enter-

tainment – that usually bring pleasure.

To overcome the wintertime blues, consider some of these tips:

- Set realistic goals and expectations for the holidays. Mend broken relationships to relieve stress.
- Avoid scheduling more activities than you can handle.
- Allow others to share the responsibilities for holiday tasks.
- Get plenty of rest, eat right, and exercise.
- Avoid comparing today with the good old days of the past. Enjoy the present.
- If you’ve recently experienced a tragedy, death, or romantic breakup, tell people your needs.
- Do something nice for someone else. Try volunteering to help others in need.
- Limit drinking. Excessive alcohol increases feelings of depression.
- Spend time with supportive and caring people.
- Enjoy free holiday activities, such as looking at holiday lights, going window shopping without buying anything, and gazing out the window at the snowflakes or raindrops.

