

# HEALTHY HABITS

December 2017



## Holiday Hoopla Depression

High expectations, money woes and other holiday hazards can spell trouble for anyone, but especially those prone to depression. Spend some time figuring out how to take care of yourself during this season.

Plan ahead and come up with restorative routines, such as reading a book or napping, and write them on a calendar. In between shopping and baking, make sure these routines don't fall by the wayside. If you know there are going to be conflicts with family members, prepare a neutral response, such as, "Let's talk about that another time," or, "I can see how you would feel that way." Then escape to the restroom, offer to help in the kitchen or go hang out with the kids.

It always helps to call a good friend if you need a sympathetic ear. Forget perfection. Finding the perfect gifts, decorating and attending gatherings can be overwhelming. Focus on one thing at a time and then move forward. Set realistic expectations for your family and yourself.

Prioritize yourself. Exercise – one of the first activities to get lost in the holiday shuffle – should be placed high on your to-do list. Exercise has been shown to improve mood. Taking a brisk walk for 35 minutes five days a week (or 60 minutes three times a week) can do the trick.

Consider your light exposure. If you are consistently tired, irritable and down at this time of year, it may not be due to the holidays as much as to the lack of exposure to the sun. Seasonal affective disorder, or SAD, can be treated by long walks during daylight hours for about 30 minutes a day. If you think you may be suffering from SAD, talk to your doctor about treatment options.

Focus on what matters. The holidays shouldn't be all about the presents, but financial woes can make it easy to lose sight of that. Rein in the stress (and cost) by organizing a gift exchange with friends or family. You also can bake your gifts, or create traditions such as having a large potluck meal followed by a walk outside or board games by the fire. I think saying no is more of a relief instead of stretching and spending more than you have and still not doing enough. Don't binge on food or alcohol. For some, overindulgence is as much of a holiday tradition as opening gifts. Have one piece of pie, not three. Apart from being unhealthy for your body, you will feel guilty afterward.

### Healthy Inspiration

*Healthy is an outfit that looks different on everybody.*

### Did You Know

*The speed of a cough clocks in at about 60 miles per hour.*

*Cover coughs to limit the spread of germs.*

**WANT MORE INFORMATION? LEARN MORE AT [FMCHEALTH.ORG](http://FMCHEALTH.ORG)**



**First Medical  
Occupational Health**  
an affiliate of Fairfield Medical Center

**CLINIC HOURS:  
MONDAY, WEDNESDAY & FRIDAY  
9 A.M. – 5 P.M.**

**1199 RIVER VALLEY BLVD  
LANCASTER, OH 43130**



## Family Celebrations & Holiday Traditions

The importance of making family holiday traditions goes back hundreds of years as it provides family bonding, unity and stability. Family gatherings are important to growing up and helps them bond with relatives.

Here are just a few traditions.

- Cutting down your Christmas tree every year.
- Picking out ornaments with the kids each year. By the time they leave the nest they will have a great start for their own tree.
- Decorating the tree and taking out all old ornaments from when you were a child.
- Baking cookies with the kids.
- Drive around looking at Christmas lights in the neighborhood.
- A quiet evening with your spouse on Christmas Eve after the kids are in bed. You can wrap gifts, turn off all the lights except for the tree and listen to music and just reconnect. With the holiday craziness it is difficult to spend time together in the weeks leading up to Christmas.

## Christmas Tree Safety Checklist

- 1** Choose a tree with fresh, green needles that do not fall off when touched.



- 2** Make sure the tree is at least 3 feet away from any heat source.



- 3** Make sure the tree is not blocking an exit.



- 4** Water your Christmas tree everyday



- 5** Check the lights for damage and pay attention to indoor/outdoor use lights



- 6** Don't overload sockets. No more than 3 light strands.



## Healthy Recipes

### Scalloped Sweet Potatoes

#### Ingredients:

3lbs sweet potatoes peeled, cut in 1/2 lengthwise, and cut into paper thin slices  
 1/4 cups unsalted butter, cold, cut into small pieces  
 1 1/2 cups cheddar cheese, shredded  
 1 1/4 cups skim milk  
 salt, to taste  
 pepper, to taste

#### Directions:

1. Preheat oven to 425 degrees
2. Spread half of the sliced potatoes in the bottom of a lightly buttered baking dish
3. Sprinkle with half of the butter & cheese
4. Season with salt & pepper
5. Add remaining sweet potato slices
6. Pour milk over potatoes
7. Top with remaining butter & shredded cheese
8. Bake covered for 30 minutes remove foil & bake for an additional 15 minutes or until potatoes are tender
9. Let sit for 10 minutes before serving



### Christmas Morning Smoothie

#### Ingredients:

1 cup strawberries (fresh or frozen)  
 1/2 banana (fresh or frozen)  
 1 cup unsweetend almond milk (or non-dairy milk)  
 1 tablespoon avocado

1 tablespoon raw pumpkin seeds  
 1 tablespoon of chia seeds  
 Handful of ice if you're using fresh fruit

## Battling the Winter Blues

While the holidays are the most wonderful time of year, it may not be for everyone. It can often be very stressful and hard for some for a variety of reasons. If you are feeling this way, know you are not alone as it is a hectic time of year for many. Although we cannot reverse or slow the calendar, these few things may help:

- Bundle up and go for a walk
- Take time for yourself, even if it is only 15 minutes
- Don't try to do too much
- It is okay to say "no" to something you do not want to do
- Get plenty of sleep
- Clear the clutter
- Open the curtains and let the light in
- Take a hot relaxing bath
- Help others who may need it
- Perform random acts of kindness
- Have coffee or lunch with a close friend



## Get Out & Attend a Fun Event this Season

### Lancaster Winter Carnival and Christmas Tree Lighting Ceremony

Saturday, Dec. 2

Location: Main & Broad St., downtown Lancaster

Time: Noon-5 p.m. Tree lighting at 5 p.m.

Free family-friendly event. Horse-drawn carriage rides, children's crafts and elf scavenger hunt, pictures with Santa and lots more. Cookies, hot chocolate and caroling during the tree lighting ceremony.



### Holiday Fun Night

Monday, Dec. 4

Location: Alley Park, 2805 Old Logan Road SE  
Lancaster, OH 43130

Time: 6-8 p.m.

Holiday Family Night – in the lower level of the nature center at Alley Park. A preview of the amazing light display for Santa's arrival at the park. Crafts will be available for all to participate. Make ornaments to decorate the donation tree that goes to families in need.

### Follow the Star Candlelight Tour

Saturday, Dec. 9

Location: Various churches in downtown Lancaster

Time: 6 p.m.

Walking tour in downtown Lancaster visiting eight historic churches, with a brief musical program at each one. Tickets on sale Nov. 1: \$10 presale, \$12 day of the tour Children five to 12: \$4. You can purchase tickets at Fairfield National Bank branches at Kroger & Meijer and The Georgian & Sherman House Museums.

### Pickin' in the Park

Wednesday, Dec. 13

Location: Alley Park, 2805 Old Logan Rd SE  
Lancaster OH 43130

Time: 7-9 p.m.

If you play an instrument and are looking for a place to play, you can join other musicians at Alley Park for Pickin' in the Park at the Goslin Nature Education Center located in lower level of the Alley Park Nature Center from 7 p.m. to 9 p.m. All levels of musicians are welcome, from beginner to expert.



## COOKIE & CANDY AUCTION

**Tired of baking cookies for the holidays?  
Don't worry, TWIG 12 has you covered.**

**When: Dec. 15**

**Where: FMC Café**

**Time: 11:30 a.m.-12:30 p.m.**

- Cash or check accepted
- Proceeds benefit patient care at Fairfield Medical Center

Contact Keely Pearce with any questions  
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