

Health Happenings

November 2010

(a Monthly Newsletter by Mary Ann Kuehnel, RN, CYSS Nurse)

It's official, - the Holiday Season is here, what with Thanksgiving right around the corner! Have you gotten your Thanksgiving Day menu planned, your house cleaned and your family portraits shot? Oh, the stress we put upon ourselves... all in the name of "perfection"! Well, here are a few suggestions to help you keep a "healthy mindset" this Thanksgiving:

- **Start the Day with a Strong Self Affirmation:** Try something like this: "I can enjoy my day without overeating and over stressing!" A strong affirmation confirms that you believe in your ability to control things within your power to do so. It also reminds you to stay focused.
- **Eat a Healthy Breakfast.** Skipping breakfast sets you up for overeating once the bird is out of the oven and everyone's finally ready to sit down to eat; your hunger level soars while your motivation skills rapidly wane.
- **Move It!!** Go for a walk with the family, your faithful hound, or just play outside with the kids. Nothing helps curb appetites and reduces stress like a good bout of fresh air and exercise!
- **Remember, it's about the People!** Whether it's an intimate few, or a gathering of 50, the celebration is about being thankful and reconnecting with loved ones, - not about having the perfect table arrangement, moistest turkey or best behaved child(ren).
- **Simplify!** Don't forget to ask for help! Children are most generally always willing to help. Get them involved with setting the table, making placecards, or with watching over younger siblings so you can focus on the stove. Remember to delegate chores and spend your energy on what you've determined as priorities.
- **Decompress.** The dishes are done, friends and family are gone on their way, and your family is happily snoozing through the football game. It's time for you to de-stress. Stop and ask yourself "What do I need?" Sometimes it may be difficult to know what you need, but it's important to learn just that. Maybe it's a soothing bath, a nap, or time alone in a quiet room to put your feet up and read Black Friday sale ads!

I hope these suggestions can be of help to you. Remember, you're the only "you" your family, friends, and we here at the Arsenal have! Take care of yourself and have a wonderful Thanksgiving!

