

HealthMatters

Because Your Health Matters To Us



Preparing for Holiday Parties

Holiday gatherings include special people, special foods and a lot of temptations to indulge. You can help keep everything under control with an action plan. Start your day with a small meal that includes whole grains, fruit, dairy, and protein (eggs or peanut butter). Try to have smaller snacks throughout the day, saving most of your calories for the main meal. Do not starve yourself before a holiday gathering. The

longer you go without eating, the more likely you will overeat when you sit down. Select foods carefully: foods you definitely want to eat, those you will sample, and those you will skip. Enjoy yourself during this gathering. Pace your eating and spend more time visiting with family and friends. Happy Holidays!

Article source: www.eatright.org

Article submitted by: CareHere Health Coach and Registered Dietitian, Denise Agee. If you would like to speak with Denise, you may e-mail her at wellness@carehere.com.

Tips For a Stress-Free Holiday Season

1. **Remember that the holidays are meant to be enjoyed!** If you feel your stress level rising, say no to parties, commitments and gatherings that don't sound fun to you. Only participate in those activities that you feel contribute to your sense of joy and fulfillment during this season.
2. **Make shopping fun.** Take the stress out of shopping by letting your kids make homemade gifts for family and friends. Another idea could involve making donations in the name of your loved ones to local charities or causes that you believe in.
3. **Take time to think about what makes this time of year special for you.** Whether it's your faith, family, or traditions, focus on what you find meaningful about this time of year. Don't get so caught up in the hustle and bustle that you neglect what you find most valuable about the holiday season.

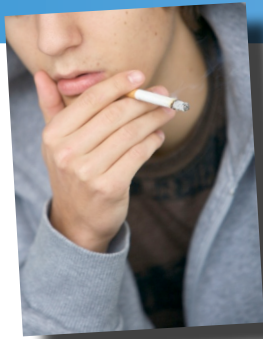
Article submitted by: CareHere Health Coach and Social Worker, Elizabeth Nunley. If you have any questions about this article, you may e-mail wellness@carehere.com.



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Smoking and Youth Teen Smoking

Nearly a quarter of high school students in the U.S. smoke cigarettes. Another 8% use smokeless tobacco. Smoking has many health risks for everyone. However, the younger you are when you start smoking, the more problems it can cause. For example:

- People who start smoking before the age of 21 have the hardest time quitting.
- About 30% of youth smokers will continue smoking and die early from a smoking-related disease.
- Teen smokers are more likely to use alcohol and illegal drugs.
- They are more likely to have panic attacks, anxiety disorders and depression.

Parents and other adults who work with children can help by warning them of the risks of smoking. They can also set a good example by not smoking themselves.

Article Source: <http://www.nlm.nih.gov/medlineplus/smokingandyouth.html>

If you have a question about this article or would like more information about our tobacco cessation program, you may e-mail CareHere Health Coach, Rhonda Livers at wellness@carehere.com.

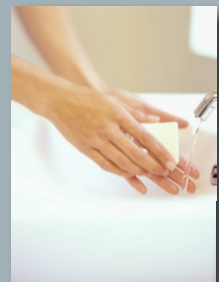


Handwashing Awareness Week

How many times have you heard mom say, "Wash your hands." Turns out she was right. Can you believe one of the easiest and most inexpensive preventative medicine strategies is literally available at your fingertips and costs less than one penny. It is called hand washing. According to the US Centers for Disease Control, "Hand washing is the single most important means of preventing the spread of infection." Hand-transmission is a critical factor in the spread of bacteria and viruses causing disease such as colds, flu and food-borne illness. What happens if you do not wash your hands frequently? You can pick up germs from other sources such as food to hands, hands to food, hands to others and hands to objects. Your hands will infect you when you touch your eyes, nose or mouth. And before you know it, everybody is getting sick. Other more serious diseases are spread through this type of contact including hepatitis A, meningitis, and infectious diarrhea. Check out this website to determine the effectiveness of your handwashing skills.

Article Source: <http://web.stlawu.edu/health/hands.htm>

Article submitted by: CareHere Health Coach and Registered Nurse, Rhonda Wood. If you would like to speak with Rhonda, you may e-mail her at wellness@carehere.com.



Do You Have a SMART New Year's Resolution?

New Year's Eve is a time to look forward with intention to the coming year. It is a time to assess the past and determine what you would like to change in your life and why. But, are you aware that after 6 months, fewer than half of people who make New Year's resolutions continue to maintain them?

However, there is hope and reason to set New Year's resolutions. People who make specific resolutions have been found to be 10 times more likely to attain their goals than people who don't! If you have been contemplating the many health benefits of regular physical activity (reduced risk of cardiovascular disease, type II diabetes and weight control, to name a few) and want to increase your weekly exercise, you can set a New Year's resolution that you can achieve.

First, investigate your mindset. Do you grimace when you think of exercise? Do you consider it a punishment, painful or worse? Ask yourself if these are truths or thoughts you use as excuses not to exercise. How can you start looking at exercise from a positive perspective? Would you like to improve your energy and mood? Would you like to immediately improve your quality of life and health? Or perhaps begin to view it as a chance to give your mind a break and the only time you will have to yourself all day?

Long-term success requires planning, discipline and finding ways to motivate one's self on a daily basis. Set SMART goals, which are goals that are specific, measurable, achievable, realistic and timely. For example, I will walk three times a week for 20 minutes for the month of January. Create a reward; after the first week, I will buy myself a new song to listen to while walking. After a month, I will buy a new workout outfit. Keep notes around the house and office to remind yourself of your goals. Have a "goal buddy" to whom you are accountable and give updates on your achievements.

For help setting SMART goals and incorporating exercise into your life, contact a CareHere health coach at wellness@carehere.com.



Article source: Auld Lang Syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers, by John C. Norcross, Marci S. Mrykalo, Matthew D. Blagys, University of Scranton. Journal of Clinical Psychology, Volume 58, Issue 4 (2002).

Article submitted by: CareHere Health Coach, Uthona Shelton. If you have a question about the above article and would like to speak with Uthona, you may contact her at wellness@carehere.com.



Happy Holidays to you and your family.
Have a safe and healthy holiday season!

CareHere!

Please visit us at www.carehere.com