Too much stress can affect your health. Use the following tips to help keep stress from getting the best of you:

1. **Mind your health**
   No one can completely avoid stress, but physical activity, good nutrition and plenty of rest can help you keep your energy level high and ready to face life’s challenges.

2. **Reduce stressors**
   Make a list of the things in your life that cause you stress. Beside each one, write down one or two ways you can lessen the stress and then work toward those goals. If you have trouble finding solutions, talk with your doctor.

3. **Plan ahead**
   Stress can be caused by having too many things to do, in too short a period of time. Instead, break larger projects into smaller, more manageable tasks; delegate at work and at home when you can. Set priorities. Spend the most time on those things you feel are important and less time on things that are lower priorities.

4. **Be positive**
   If you demand too much of yourself or let negative thoughts run through your mind, you’re setting yourself up for added stress. Each time this happens, take a minute to redirect your thoughts to something more positive.

5. **Get away**
   When stress seems to be getting the better of you, take a break. Even a quick five-minute walk away from your office or home can help you relax.

6. **Relax**
   Relaxation exercises, which combine deep breathing with releasing muscle tension, are simple to do anywhere and can help lessen the negative effects of a stressful situation. Try the exercise below and talk with your doctor about others: Inhale through your nose slowly and deeply to the count of 10. Make sure that your stomach and abdomen expand, but your chest does not rise up. Exhale through your nose, slowly and completely, also to the count of 10. Make sure that your stomach and abdomen expand, but your chest does not rise up. Exhale through your nose, slowly and completely, also to the count of ten. To help quiet your mind, concentrate fully on breathing and counting through each cycle. Repeat five to ten times. Make a habit of doing the exercise several times each day.

For more tips on how to reduce stress in your life, visit anthem.com, click on Health and Wellness and then Health Topics.

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**Employee Wellness Spotlight: Benefit Fair**

Thank you to all of you who supported our annual Benefit Fairs this past month! We wanted to share some wonderful participation numbers with you and take this time to sincerely thank you for taking the time from your day to attend. Your participation in screenings and events make programming possible!

- Chair Massages: 74
- Biometric Screening/RealAge Test: 649
- Flu Shots: 631
- Pilot Fitbit Program Interest: 95
- Wellness Coaching Interest: 44
Educational Corner:

**Holiday Spending Survival Guide**

Are you crazy for the holidays, spending thousands of dollars on holiday gifts, lights, entertaining, food and decorations each year? If so, you’re not alone. Many Americans feel the sting of holiday spending well into the new year. If you love to celebrate the holidays but don’t love the financial pinch you experience afterward, there are several great tricks for giving and celebrating, without breaking the bank.

- **Know your limit.** Sit down and plan out your holiday budget before you head to the malls this year. Gifts, large or small, can really add up, leaving you with a hefty bill at the end of the season. Use a [Holiday Budget Calculator](http://www.pRACTICALMONEYSKILLS.com) to estimate how much you plan to spend on presents.

- **Plan ahead.** You’ve done your budget and you’re ready to tackle the crowds. Here are a few ways to save on shopping, whether online or in the stores:
  - Look for special “savings days” at your favorite retail stores.
  - Use coupons from your newspaper, online or in-store.
  - Take advantage of free shipping with online purchases.
  - Buy gifts throughout the year, not just during the peak season.

- **Trim your list.** Do you really need to exchange gifts with everyone in your family? Consider cutting your list back this year. Or suggest giving a group gift to certain members of your family rather than individual gifts. Just because you had a long gift list last year doesn’t mean you need to repeat it this year. You may find that other members of your family love the idea.

- **Reduce your stress.** The holiday season is stressful enough with demands from family and friends, not to mention social commitments for work or other groups. Avoiding last-minute buy will impact your budget, so try to plan ahead as much as possible. Also remember to maintain your daily routines to keep stress levels low. If you usually take a walk or go to the gym every day, take the time to continue the habit during the hectic holiday months.

- **Enjoy the season.** In the end, the holidays are all about enjoying friends and family. Staying focused on time with loved ones and other joys of the season can help you to keep stress in perspective. And remember that it’s much better to keep spending down and stick to your budget. It’s a great feeling to start off the new year on the right financial foot.

Source: [http://www.pRACTICALMONEYSKILLS.com](http://www.pRACTICALMONEYSKILLS.com)

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**Healthy Cooking: Spiced Turkey with Avocado-Grapefruit Relish**

**Avocado-Grapefruit Relish**

1 large seedless grapefruit
1/2 small avocado, peeled, pitted and diced
1 small shallot, minced
1 tablespoon chopped fresh cilantro
1 teaspoon red-wine vinegar
1 teaspoon honey

**Spiced Turkey**

1 tablespoon chili powder
1/2 teaspoon five-spice powder, (see Note)
1/8 teaspoon salt
2 turkey cutlets, (8 ounces)
1 tablespoon canola oil

**Preparation**

1. To prepare relish: Remove the peel and white pith from grapefruit with a sharp knife and discard. Cut the grapefruit segments from the surrounding membrane, letting them drop into a small bowl. Squeeze out remaining juice into the bowl and discard membrane. Add avocado, shallot, cilantro, vinegar and honey. Toss well to combine.

2. To prepare turkey: Combine chili powder, five-spice powder and salt on a plate. Dredge turkey in the spice mixture.

3. Heat oil in a medium skillet over medium-high heat. Add the turkey and cook until no longer pink in the middle, about 2 to 3 minutes per side. Serve the turkey with the avocado-grapefruit relish.

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**Upcoming Months of Awareness**

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Holiday Decoration Safety

Before crawling up on the roof to string the Christmas lights, you need to know that every year, hospital emergency rooms treat about 12,500 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees, according to the U.S. Consumer Product Safety Commission (CPSC). In addition, the CPSC warns candles start about 11,600 fires each year, resulting in 150 deaths, 1,200 injuries and $173 million in property loss. "Sometimes people are having such a nice time during the holidays that they forget to extinguish candles," said CPSC Chairman Hal Stratton. "Always put out lit candles before leaving a room or going to bed. Always keep burning candles within sight. Also, make sure your holiday lights bear the mark of a recognized testing lab to show they meet safety standards." Since CPSC started monitoring holiday lights and decorations sold at stores nationwide, inspectors have prevented the import of 116,500 units of holiday lights that did not meet safety standards.

**Holiday Lights:**
- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards. Use only lights that have fused plugs.
- 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. Always replace burned-out bulbs promptly with the same wattage bulbs.
- Use no more than three standard-size sets of lights per single extension cord. Make sure the extension cord is rated for the intended use.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use.
- Stay away from power or feeder lines leading from utility poles into older homes.
- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).
- Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.
- Use caution when removing outdoor holiday lights. Never pull or tug on lights - they could unravel and inadvertently wrap around power lines.

Source: [http://usgovinfo.about.com](http://usgovinfo.about.com)

10 Ways to Avoid Holiday Weight Gain

According to researchers at the National Institutes of Health, most Americans never lose the weight they gain during the winter holidays. The pounds add up year after year, making holiday weight gain an important factor in adult obesity. It is possible to enjoy holiday goodies without putting on a single pound. "Portion control is the key," says Susan Finn, PhD, RD. Finn serves as chairwoman of the American Council for Fitness and Nutrition. Tips to help you avoid overindulging:

1. **Never Arrive Hungry**
   New York psychologist Carol Goldberg, PhD, says planning ahead can help you maintain discipline in the face of temptation. "Don’t go to a party when you’re starving," she warns.

2. **Divert Your Attention**
   Many people forget that there’s more to a holiday party than food, Goldberg tells WebMD. "Don’t look at the party as just a food event," she says. "Enjoy your friends' company or dancing. Focus on something other than food." Finn agrees.

3. **Pace Yourself**
   Have you ever tried telling yourself you'll only eat during the first half hour of a party? Goldberg says this strategy is a mistake. "If you cram in as much as you can in half an hour, you chew faster. Chewing more slowly will fill you up with less food."

4. **Count Your Appetizers**
   When there are appetizers, it’s easy to lose count of how many you eat. Keep track by stashing a toothpick in your pocket for each one. Set a limit and stick to it.

5. **Outsmart the Buffet**
   When dinner is served buffet-style, use the smallest plate available and don’t stack your food; limit your helpings to a single story. "Go for the simplest foods on the buffet," Finn says.

6. **Limit Alcohol**
   Avoid drinking too much alcohol at holiday parties. "It's not just about calories but about control," Finn explains. "If you drink a lot, you won't have as much control over what you eat."

7. **Be Choosy About Sweets**
   "Limit your indulgences to small portions and only what is very sensual to you," Goldberg says. Her personal rule on sweets: "If it’s going to have calories, it has to be chocolate."

8. **Bring Your Own Treats**
   Whether you’re going to a friend’s party or an office potluck, consider bringing a low-calorie treat that you know you’ll enjoy.

9. **Limit ‘Tastes’ While Cooking**
   If you do a lot of cooking during the holidays, crack down on all those “tastes.” "People lose their appetites when they’ve been cooking because they’ve been eating the whole time," Finn tells WebMD.

10. **Walk It Off**
    Make a new holiday tradition: the family walk. Besides burning some extra calories, this will get everyone away from the food.

Source: [webmd.com](http://webmd.com)
Make fresh fruit your dessert.

Also, plan at least two-and-a-half hours of physical activity a week. You can sneak workouts between parties or bring others along for a walk or dancing.

Every November through December, you’re surrounded by food – lots of it. At the same time, the holidays can be very stressful if you’re hosting loved ones or missing them. Food plus stress is often a recipe for disaster, but there are steps you can take to beat holiday excess:

- Fill up on healthy snacks, like fruits, veggies and nuts, before meals.
- Bring your own low-calorie dish to potlucks.
- Watch your portion size, especially at buffets. It’s okay to enjoy some of your favorites in moderation.
- Skip sugary drinks, fatty sauces and salty processed foods.

Happy Holidays

From URWell EMPLOYEE

Healthy Hint:

- Make fresh fruit your dessert.

Also, plan at least two-and-a-half hours of physical activity a week. You can sneak workouts between parties or bring others along for a walk or dancing.

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