

Self-Care for the Holidays

The holidays can be a wonderful time full of joy and reconnection with family. However, holidays may also add additional stress into your already busy life. Setting aside time to practice self-care for the holidays may help decrease stress. See some tips below for self-care during the holidays:

- Get enough sleep- allow your body and mind an appropriate amount of time to rest. Stick to a routine that works for you!
- Set realistic expectations- unrealistic expectations can add to stress levels.
- Connect with loved ones- instead of worrying about purchasing expensive gifts, focus on the importance of spending time with family and friends.
- ◆ Move your body- exercise can be a great way to reduce stress levels.
- ◆ Make healthy choices- with the increase of candy and sweets around the holidays, make sure to add fruits and vegetables to your plate when eating holiday meals. It's all about balance!

Easy and Inexpensive Winter Crafts for Kids

Popsicle Creations



1. Popsicle Sticks
2. Ribbon or Twine
3. Glue or Paste
4. Buttons, Glitter, Pom Poms Sequins, Paint, Beads

Paper Plate Creations



1. Paper Plates
2. Construction Paper
3. Glue or Paste
4. Buttons, Glitter, Pom Poms Sequins, Paint, Beads

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Winter Chili Recipe

1 can (15.5 ounces) beans, low-sodium undrained (pinto, kidney, red, or black)



1 can (15 ounces) corn, drained (or 10-oz package of frozen corn)

1 can (14.5 ounces) crushed tomatoes, undrained (low-sodium)

chili powder (to taste), additional seasonings if desired

Directions

Place the contents of all 3 cans into a pan.

Add chili powder to taste. Add additional desired seasonings. Stir to mix.

Winter Illnesses Are Here!

Viral infections are much more likely to spread as the weather changes, and most people are inside more often. Here are some tips to keep you and your family healthy this winter season.

- Vaccination works! Contact your primary care physician to determine which seasonal vaccines might be beneficial for you (i.e. flu, covid-19, pneumococcal pneumonia, RSV).
- Wash your hands! Get scrubbing as often as necessary- before and after using the bathroom or eating, when soiled, or after returning home from public places, etc. It is also helpful to minimize touching your mouth, face, and eyes.
- Stay home when sick, and stay away from others who are sick! If you can, try not to be on the giving or receiving end of spreading germs through close contact.
- Cover your cough/sneeze! Try to cut back on germs in the air. Use a tissue or your arm (then wash it!).
- Practice other healthy habits! Eat nutritious foods, sleep well, get enough exercise, and try to manage stress. Your body is better equipped to fend off illness when healthy.

Winter Safety

Wintertime brings the holidays and can also bring very cold temperatures. Every home should be prepared for weather related emergencies including power outages. To begin to prepare for winter emergencies, you should stock at least 3 days of food that needs no cooking or refrigeration and have a 3-day water supply stored in clean containers. Each home should have a flashlight with extra batteries, first aid kit, battery powered radio, plastic bags for sanitation and it is helpful to have cat litter or sand for icy walkways.

