Healthy Top Ten: Holiday Stress Tips

1. **Hit the Gym** - Exercise is a great way to burn off extra tension (and extra calories) that may come along with the holidays. The body’s natural release of endorphins during exercise will help reduce stress.

2. **Lift Weights** - Strength training can increase metabolism which can help balance out the extra calories consumed.

3. **Sleep** - Extremely important in controlling stress. Aim for 7-8 hours a night and don’t rule out power naps.

4. **Meditation** - Meditation instills a sense of calm, peace and balance that benefits both your emotional well-being and your overall health.

5. **Yoga** - Can help you relax and manage stress and anxiety.

6. **Be Realistic** - The holidays don’t have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well.

7. **Set Aside**

**Differences** – The holidays are a time of caring, kindness, and forgiveness. Open your heart and you may get the same in return.

8. **Listen to Music** - Provides a mental distraction, reduces muscle tension, and decreases stress hormones.

9. **Stick to a Budget** - Make a list before you go to the store and stick to it.

10. **Avoid Eating Out** - Make healthy choices if you do decide to go out.

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**Upcoming and Current Events**

**November**

- **Gobble up Granola**
  - (time: noon, locations: vary)
- **29th: Vine Faith in Action presentation CSU-202**

**January**

- **4th: Professional Development Day**

**Current Events**

- **Spring Forest Qigong (CSU-202)**
  - 12:00-1:00pm Wed in November only
- **Zumba (HN-225)**
  - 5:00-6:00pm Tue/Thurs
- **Yoga 4 Wellness (PH-102)**
  - 12:05-12:50 Mon/Wed
Despite practicing our best driving safety skills, having too much to drink and getting behind the wheel may create a life-threatening situation. Know how much is too much. Hold each stretch 20-30 sec. and remember to keep breathing.

Rethinking Drinking

Do you enjoy a drink now and then? Many of us do, often when socializing with friends and family over the holiday season. Drinking can be beneficial or harmful, depending on your age and health status, and, of course, how much you drink.

- Have you ever wondered how strong your mixed drink or cocktail is? Check out the Cocktail Content Calculator to find out.
- Have you ever wondered how many “standard drinks” are in a 25-ounce bottle of wine? Check out the Drink Size Calculator to find out.
- Have you ever wondered how many calories are in the champagne you sip heading into the New Year? Check out the Alcohol Calorie Calculator to find out.

May your holiday season be filled with love, laughter, friends, family and healthy choices.

5 Tips for Safe Winter Driving

1. **Know your route and weather conditions**: MN road conditions [website]
2. **Pack a winter travel safety kit**: cell phone, ice scraper/brush, tow rope, cat litter (traction aid), blankets, flashlight, candle, matches, portable radio, and lock de-icer.
3. **Slow down**. A good rule of thumb is to reduce speed by 50 percent in snowy conditions.
4. **Keep your tires properly inflated**. Cold weather reduces tire pressure, so check and adjust frequently.
5. **If you get stuck, stay in your vehicle**. Stay warm and wait for assistance. Make sure that your exhaust pipe is not obstructed.

Stretches at your Desk

**Torso Twist**
Inhale and as you exhale, turn to the right and grab the back of your chair with your right hand, and grab the arm of the chair with your left. With eyes level, use your grasp on the chair to help twist your torso around as far to the back of the room as possible. Hold the twist for 20-30 seconds. Repeat on the other side.

**“Big Hug”**
Hug your body, placing the right hand on your left shoulder and the left hand on your right shoulder.

**Shoulder Shrug**
Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold. Release and drop. Repeat three times.

Having a Winter Survival Kit in a Coffee Can may save your life some day.
Community Outreach Opportunities

REINDEER DASH
Come brave the cold with friends and family! Join the Mankato Family YMCA for a non-competitive Saturday afternoon run or walk that will be followed by a warm beverage and fun activities indoors for the whole family. Dress in festive holiday wear!
When: Saturday, December 3 @ 2:00pm

Looking for something to keep you active this winter?
Check out Mount Kato!
-Mount Kato offers skiing and snowboarding as well as snow tubing.
-Hours can be found here on their website.

Exercise of the Month

Bicycle Abs
Lie face up on a mat and place your hands behind your head, lightly supporting it with your fingers.
Bring the knees in to the chest alternating right and left while lifting the shoulder blades off the floor without pulling on the neck.
Rotate to the left, bringing the right elbow towards the left knee as you straighten the other leg.
Switch sides, bringing the left elbow towards the right knee. Continue alternating sides in a ‘pedaling’ motion for 1-3 sets of 12-16 reps.
Benefits: very effective ab exercise that targets the rectus abdominis (‘six pack’) and the obliques (the waist).

Healthy Holiday Snacking

Appetizers
1. Hummus & Pita: Easy to access and easy to share. You can find Hummus at your local grocery store in the vegetable section. Use pita instead of chips.
2. Fruit Dip: Take cream cheese, sweet and condensed milk and lemon juice, mix together and you have a sweet dip for fruit. Serve with a variety of fruits to add color to any table.
3. Turkey Rollups: A great appetizer with little effort. Take a flour tortilla, add turkey, cheese and a light miracle whip and you have a healthy hearty appetizer.

Snacks
1. Energy Balls: Take a slice of banana, coat with peanut butter, and top with crushed peanuts and chocolate chips.
2. Apples & Almonds: Take an apple and cut into wedges. Place almonds in apple slices.
3. Ants on a Log: Take a celery stick, fill with peanut butter, line with raisins.
Gobble Up Granola Snacks

In a large bowl, stir together the rice cereal, oats, and raisins. Set aside. Grease a 9x13 inch baking dish with cooking spray.
Combine the brown sugar and corn syrup in a small saucepan over medium heat. Heat just until boiling, then remove from heat and stir in peanut butter and vanilla until smooth. Pour over the cereal and oat mixture, and mix well.
Press into the prepared pan using the back of a large spoon. Allow to cool, then cut into squares.
Nutrition Facts: Calories: 146 | Total Fat: 4.2g

Ingredients:
- 2 1/2 cups crispy rice cereal
- 2 cups quick-cooking oats
- 1/2 cup raisins
- 1/2 cup packed brown sugar
- 1/2 cup light corn syrup
- 1/2 cup crunchy peanut butter
- 1 teaspoon vanilla extract
- 1 teaspoon vanilla extract

Contact Us and Mission Statement

Sponsored by the Minnesota State University, Mankato Employee Wellness Committee

Minnesota State Mankato is an Affirmative Action/Equal Opportunity University. Individuals with a disability who need a reasonable accommodation to participate in these events should contact the Wellness Committee at (507) 389-2016 or (507)389-2017.

If you have questions, comments, or topics you would like to see in a future newsletter please contact Carly or Diane or call (507) 389-5689 or (507) 389-2016.

Mission Statement

The mission of the Minnesota State University, Mankato Faculty and Staff Wellness Committee is to promote a worksite culture that supports employees’ desire to make healthy lifestyle choices.

Our vision is to develop educational outreach activities that encourage employees’ personal and professional productivity and physical, mental, social, and holistic wellbeing.

Wellness Committee members

Click on above icons to see what is happening with the Employee Wellness Committee!