

ONLINE HEALTH NEWSLETTER

# THE HEALTH-E

REASONABLE  
RESPECTFUL.  
RESPONSIBLE

*Georgia College Office of Health Promotion  
Holiday Edition*

## Holiday Mental Health

Anna Bedell & Elias Torres

We only have about a week left of school this semester which means we will all be going on break soon. Thanks to the corona virus and the school changing dates and breaks around, our break lasts all the way until January. This is good and bad; good because we get a longer break from the stress of school and bad because we have to deal with the stress of being home for longer. Living at home for two months can cause anxiety and stress and can be extremely overwhelming for some people. Some things that you can do to help you at home are: Go outside-Hang out with friends- Start a journal -Start a new hobby - Redo your room- Exercise- Watch all the movies you've been wanting to watch- Try making new recipes- The most important thing is to remember that even though you are struggling at home, you are not alone and you can make it through.

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Office of Health  
Promotion



@gchealthmovement



As this semester starts to come to a close it is important to stay in touch with your friends as everyone goes home. For some students coming to college is a breath of fresh air and away from problems that may occur back home. Whether it be financial trouble, family, or even they have members at home who are immunocompromised during this pandemic. Remember to check on your fellow students and roommates as for some this is the time that is tough for some. Maybe schedule a day to hangout or even a phone call can help bring relief during stressful times whatever method you use just make sure you are taking care of each as we are all part of this bobcat family.

HAPPY  
HOLIDAYS

We all know that the holidays are time for good food, family and friends, relaxing, cozying up by the fire, and baking holiday treats. Feeling holiday stress and feeling run down is also something that we feel during the holidays. During the holidays we usually tend to eat more than normal, socialize more, remain busy with holiday to-do lists, spend more money, and sleep less. Self-care can easily be neglected during the busy and stressful holiday season. Practicing self-care during this time may take a little discipline, but it is well worth it. Some self-care tips for the holiday season are listed below.

*It's Important to Practice Self-Care During the Holidays*

### 1. Exercise as Self-Care

Exercise is one of the best stress-relieving forms of self-care. Exercising helps strengthen your muscles, cardiovascular system, and is good for your bones.

### 2. Create a Budget and Respect it

Creating a budget can help reduce some of that holiday stress of wondering how you are going to afford everyone's gifts. The holiday season is a time where people generally tend to overspend and ruin their budgets, practice self-care by sticking to your budget to avoid unnecessary stress.

### 3. Enjoy Holiday Treats, but don't forget to Eat Healthy Foods

Unhealthy foods cause inflammation, weight gain, and blood sugar spikes, which can cause moodiness. Try sticking to a healthy diet during the holidays including a little bit of indulging on treats.

### 4. Clean Out

Clutter can cause stress so practice self-care by cleaning out things you don't need or use anymore. You can donate the items you no longer need or want to a family in need or charity.

### 5. Spend Time with Family and Friends

The holidays are a perfect time to catch up with that long-distance cousin you hardly see anymore or that friend that goes to college many miles away from you. Take the time to sit down with your family and friends and enjoy each other's company.

*Give gifts without breaking the bank* Maggie Thomas

As the holiday season starts, it can be stressful to try to think of gift ideas for loved ones. Picking the perfect gift for someone does not need to cost a fortune, there are plenty of gifts that are cheap and just a special. Consider giving someone an experience as a gift, give date coupons to a significant other or make a photo collage of special memories. Writing a heartfelt letter to someone you love can be so special, consider giving a letter to family members telling them how much they mean to you. There are plenty of cheap gift ideas, and something as small as a photo in a frame can be a nice gift. Thrift stores can have some amazing finds for cheap that can be personalized.

*Holiday's on a Budget*

START SAVING NOW  
PLAN AHEAD OF TIME  
TRACK SPENDING  
DON'T GO OVER BUDGET  
CREATE SHOPPING LISTS

Find a mug and personalize it and add in their favorite coffee or tea or pick up an old painting and add to it, making it funny and personal.

Another great gift idea is food or food mixes. Hot chocolate or pancake mixes can be something nice to receive and make on a cold day. You can also make snack bags and give them to all your friends and making a big batch will cut costs while making a lot of gifts. Of course, holiday cookies are always a nice gift, making something yourself instead of just buying a box of premade cookies shows someone that they are worth your time and thought. Spreading holiday spirit and giving gifts is something that does not have to be a big financial burden, and it is more meaningful to get a personal gift rather than an expensive one. Happy holidays!



As the holidays are approaching, it is important to acknowledge what we are eating which usually contains a large amount of sugar. Although we may know these foods are not healthful to our bodies, we probably eat them anyways, but how bad are they? We may feel having one piece of pecan pie or a couple sugar cookies is not that bad, but they are loaded with sugar. Let's be honest, we know they are bad, but we do not want to know how bad. Without a doubt, most people are not going to cut out sugar completely because it is part of the holiday festivities so let's focus on the better options. See if you know which dessert is the best choice! Once you have chosen between the desserts, look at the answers below. The most influential factors between these desserts are the amount of added sugars and the calorie density. Practice moderation when eating these deserts and be mindful of how much sugar you consume a day even if you are choosing the alternatives!



### Foods to help improve your liver during the holidays



Turmeric

Dandelion greens + root

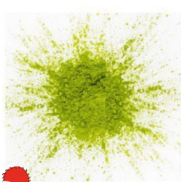
Milk Thistle



Rosemary



Rooibos



Green Tea



HEALTH MOVEMNET

### Healthy Homemade Pumpkin Spice Latte



- 1 CUP OF BREWED COFFEE
- 1 CUP OF ALMOND OR CASHEW BUTTER
- 1 TBP OF MAPLE SYRUP OR HONEY
- 1TBS PUMPKIN PUREE
- 1TSP PUMPKIN PIE SPICE

BLEND UNTIL SMOOTH

\*YOU CAN ADD CINNAMON AND COCONUT WHIP CREAM FOR TASTE

[HTTPS://DETOXINISTA.COM/HEALTHIER-PUMPKIN-SPICE-LATTE/](https://detoxinista.com/healthier-pumpkin-spice-latte/)





## How Maintain A Healthy Diet Over the Holidays

Ashley Barfield

Many of us all struggle over the holidays to maintain a healthy diet. You can keep a healthy diet by creating a plan before your holiday celebration. Many times, we can't control what food we are served. Coming up with a plan before the meal can help you work around the challenges of having no control. Try to eat close to your normal meal times. If you can't you can eat a snack during the normal meal time and have a smaller portion when the food is served. You can volunteer to cook the healthy dish and bring it to the party. If you want to eat dessert at the end of the meal, try having less carbs with the meal so you can save room for dessert.



Source

### Physical Activity

Take a walk after you have eaten and digested a large meal. That full feeling can make you feel tired, but it is important to get some physical activity in after you consume a high calorie meal. Play an active game of football or soccer outside. Find a way to bond using physical activity rather than snacking and watching TV. Remain physically active throughout the holidays. Create a workout plan or schedule and stick to it. You'll feel better for completing your goals. Instead of thinking "I'll do better after the holidays", plan to do better now. Speak words of encouragement to yourself. "I can do this because..." "I messed up but here's how I can do better tomorrow."

Information sourced from:

<https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

### What to Avoid

Avoid skipping meals before eating a big holiday feast. You will be so hungry that you will over eat in one meal. Try having healthy snacks throughout the day or a small healthy breakfast and lunch. If you want to eat less calories before your big holiday meal, make sure what you eat is healthy and keeps you from being hungry throughout the day. Avoid punishing yourself for messing up. Instead you can plan how to do better next time.

Avoid or limit drinking alcohol. It can lower your inhibitions, make you eat more, and add empty calories.

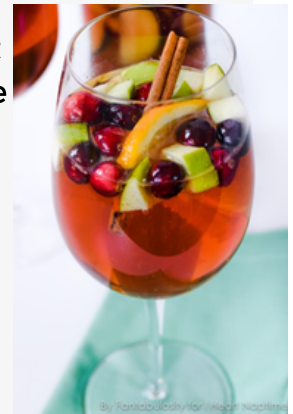




Ansley Lamb

# Sangria Mocktail

This sangria recipe is perfect for a healthy, delicious drink. It is super easy to prepare and is perfect for holiday parties and is kid friendly. For those who try to avoid alcohol at parties or are under 21, this is the perfect drink to sip on. The liquid base of this sangria is made from cranberry juice and sparkling grape juice, and you can add whatever fruit you would like. Some of the common fruits added include cranberries, diced red apples, diced green apples, orange wedges, cinnamon sticks, and sliced plums. Also, using nice wine glasses for serving really adds a classy look.



## Ingredients

24 oz cranberry juice - 24 oz sparkling grape juice - Optional garnishes  
Cranberries - Diced red apples - Diced green apples - Orange wedges  
Cinnamon sticks

## Instructions

Combine cranberry juice and sparkling grape juice into large punch bowl.  
Add in fruit and other garnishes. Serve Chilled.

## Healthy Homemade Pumpkin Spice Latte



- 1 CUP OF BREWED COFFEE
- 1 CUP OF ALMOND OR CASHEW BUTTER
- 1 TBP OF MAPLE SYRUP OR HONEY
- 1TBS PUMPKIN PUREE
- 1TSP PUMPKIN PIE SPICE

BLEND UNTIL SMOOTH

\*YOU CAN ADD CINNAMON AND COCONUT WHIP CREAM FOR TASTE

[HTTPS://DETOXINISTA.COM/HEALTHIER-PUMPKIN-SPICE-LATTE/](https://detoxinista.com/healthier-pumpkin-spice-latte/)

## Christmas Sangria Mocktail



### Ingredients

- 4 cups cranberry juice
- 2 cups brewed black tea, cooled
- 1 bottle (750mL) sparkling red grape juice
- 1 orange - sliced
- 1 cup fresh cranberries
- 5 cinnamon sticks
- Ice

### Instructions

1. Start with a pitcher of ice. Pour in the cranberry juice, brewed black tea, and sparkling red grape juice and mix to combine.
2. Add orange slices, fresh cranberries, and cinnamon sticks for a little holiday spice. Stir again for a final mix.
3. Serve this Holiday Sangria Mocktail in glasses filled with ice. Garnish each with a slice of orange, more cranberries, and a cinnamon stick.

## LET'S TOAST TO THE NEW YEAR WITH A....

### Pink Champagne Mocktail

#### Ingredients

- 4 CUPS GINGER ALE, CHILLED
- 4 CUPS CLUB SODA, CHILLED
- 3 CUPS WHITE GRAPE JUICE, CHILLED
- ¼ CUP GRENADINE



#### Directions

MAKE SURE ALL THE INGREDIENTS ARE WELL CHILLED. MIX A FEW MINUTES BEFORE SERVING.



# HEALTHY PUMPKIN PIE RECIPE

## Ingredients:

1 pie crust  
15 oz can of pureed pumpkin  
3 eggs  
1/4 cup organic cane sugar  
1/4 cup maple syrup  
1/4 cup unsweetened almond milk  
1 1/2 teaspoon cinnamon  
1 teaspoon vanilla extract  
1/2 teaspoon nutmeg  
1/2 teaspoon allspice  
1/2 teaspoon ground ginger  
pinch of salt

## Directions:

Prepare pie crust as directed on package. In a bowl combine all the ingredients until smooth. Pour mixture into pie crust and bake at 350 degrees for 50-60 minutes or until the middle is not jiggly. If the crust starts to burn, add tin foil around the edge.

Maggie Thomas

# Nutritious Thanksgiving Dinner

*Having a nutritious Thanksgiving Dinner is not as hard as it seems, here are some tips for a healthier meal:*

- Use a smaller plate
- Fill it up with vegetables
- Eat slowly
- Eat three meals of the same size
- Have a family walk before the meal
- Drink more water and less sugary drinks
- Swap the traditional foods for healthy ones
- Don't fill up on appetizers
- Choose lighter options for ingredients
- Skip seconds
- Focus on family, not food
- Don't drink a lot of alcohol
- Make sure to get up and move after you eat

# HEALTHY HOLIDAY SNACKS



# HEALTHY GINGERBREAD COOKIES

## Ingredients:

1 egg  
1/2 cup organic cane sugar  
1/2 molasses  
1/2 teaspoon vanilla extract  
2 1/4 cup whole grain spelt four  
2 teaspoon ground ginger  
1 teaspoon cinnamon  
1/2 teaspoon ground cloves  
1/2 teaspoon baking soda  
1/2 teaspoon salt

## Directions:

1. Mix together sugar and butter until fluffy, then add an egg, molasses, and vanilla.
2. Mix dry ingredients in another bowl then slowly add combine with the wet until smooth.
3. Let dough firm in fridge, covered, for one hour
4. Add 1/4 in thick cookies to a parchment lined baking sheet
5. Bake at 350 degrees for 8-10 minutes.





**Practice positivity  
this holiday season!**



" Make this holiday season one where you  
are NOT focused on flaws and failures,  
but on love and acceptance."  
-Ashley McKeown

**HAPPY  
HOLIDAYS**



**Use holiday lighting  
safely.**

Throw away light strands  
with frayed or pinched wires.  
Turn off all your holiday  
lights before going to bed or  
leaving your home.

**HEALTH MOVEMENT**

**3 Tips to Healthy Eating during  
the Holidays**

1. Take a 10 minute break when considering a  
second serving.

\* It takes a few minutes for your stomach to signal  
your brain that you are full!

2. At a party, do not stand by the table full of food!

\* Keeping your distance will allow you to assess if  
you are actually hungry or just eating food because  
it is there.

3. Don't go to a party starving!

\* Eat a healthy snack beforehand so that you will  
not make impulsive decisions and eat everything!

Source: <https://www.health.harvard.edu/blog/12-tips-for-holiday-eating-201212245718>



I'm dreaming of a  
*Covid-19 Free  
Christmas*

**Remember to wear a  
mask, social  
distance, and wash  
your hands**



**Remember!**

*Don't stretch or reach while on ladders  
and always keep the 3 Point rule!*

**Keep atleast 3  
points of contact (2  
hands: 1 foot; 1  
hand: 2 feet)**



**Health Movement**