



DECEMBER 2018

CHANGE SEASONAL TRADITIONS TO COPE WITH HOLIDAY STRESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9</p> <p>Bake cookies. Today is National Baking Day! Join the fun by trying to healthify your favorite cookie recipe. Go here for substitutions you can use for healthy baking: www.greatist.com</p>	<p>10</p> <p>Let's do push-ups this week! See how many you can do (with good form) on Monday. Then try to add one more a day for the rest of the week. For form tips go to: www.youtube.com/</p>	<p>11</p> <p>Do a random act of kindness today. Feeling happy leads to positivity, which ultimately leads to feeling good about yourself.</p> <p>VIP Needs List: www.vipadvocates.net/support-us/</p>	<p>12</p> <p>Know your "red flag" menu words: AVOID items described as battered, breaded, buttery, cheesy, country, creamy, crispy, fried, loaded, and stuffed.</p> <p>Wienke's Market carries great healthy snacks!</p>	<p>13</p> <p>Focus on workplace fitness. Try to get up from your desk chair at least every hour to stretch or walk, OR take a short stretch break from your physical work every few hours. bit.ly/2fMQq0e Roots Yoga, 8:30AM</p>	<p>14</p> <p>Eat the rainbow. Try to get in a fruit or vegetable in every color of the rainbow today - red, orange, yellow, green, blue, purple.</p> <p>Joyous Joints, 11:15AM, ACWC</p>	<p>15</p> <p>Try to live by the 80/20 rule this weekend by eating nutritious food 80% of the time and "fun" foods 20% of the time. This is a healthy goal.</p> <p>Wrap & Gab: Gift Wrapping Party, 11:30-1:30, Algoma Public Library</p>

Week 2 Survival Tip: Cope with Stress

- Aim to get 7-8 hours of sleep each night. Your body needs passive recovery time so plan for a normal bedtime ritual.
- Prioritize your days. Keep a schedule and plan tasks according to their importance and deadlines. This will keep you away from procrastination and ultimately safe from worries.
- Give yourself permission to say no to certain activities. Balancing your time will help prevent you from feeling overwhelmed and stressed.
- Take a deep breath. Close your eyes, focus on slowly inhaling and exhaling only to lower your stress level.



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Learn better deep breathing techniques in a yoga class at Roots Yoga, 420 2nd St

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