



A monthly newsletter brought to you by the Master Wellness Program

Tips For Managing Holiday Stress

While the holidays are a time for joy and sharing, they can also be a time of physical and mental stress. There are many behavioral and logistical changes you can make during the holidays to lower stress and benefit your overall wellness.

Prioritize and plan to help reduce stress
 Managing holiday stress requires setting priorities as well as avoiding or reducing as many stressors as possible.

Holiday stress can come about from interpersonal relationships, financial pressures, time management issues, lack of sleep and a variety of other stressors. Financial pressure and time restrictions are often the top stressors during the holidays, so be sure to adequately plan your holiday shopping and family time.

Budget for gifts to be purchased during holiday shopping pay using cash or a debit card whenever possible. Be realistic when creating a budget by using real prices, not ballpark figures. And don't forget to include extra travel, food and entertaining costs into your holiday budget. If you must buy with credit, act as if you have far less than your actual credit limit. And remember your credit card interest rate to remind you to be more frugal about using credit.

Also, keep track of purchases. Make note of what you've bought, how much you've spent and who you've bought for.

Basing expectations or experiences on what we see on social media or in the lives of others can cause stress. We can cause ourselves undue pressure to create share-worthy memories rather than enjoying the time with loved ones. Don't worry about what others are doing and just focus on the positive things you have instead of concerning yourself with what others have or what you might be missing.

Make time for rest, exercise and recreation
 A lot of time-management-related stress can be alleviated by allowing additional time when scheduling visits or entertaining others, and by asking for help with holiday activities.

Try to avoid multiple visits and pad your time to provide flexibility and accommodate any unforeseen circumstances. Prioritize what's really important to you and your family, then plan your holiday activities accordingly.

Get adequate sleep and finding a way to incorporate some sort of physical activity into your holiday schedule. It's always wise to schedule in some relaxation time. Take a short nap or a walk or do some reading – whatever you'd normally do to get some private time to recharge your mind and body."

Melisa Rhodes, M.Ed.
 Texas A&M AgriLife Extension
 Van Zandt County
 Family and Community Health Agent
 VZ 4-H County Coordinator
 235 E Groves St
 Canton, TX
 903-567-4149
 melisa.rhodes@ag.tamu.edu



Obtain knowledge and encourage others to do the same.
 Receive 40 hours of training and give back 40 hours of service!

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**Master
 Wellness
 Volunteer**

2021 Training Dates:
 January 19, First Session
 February, Online Study
 March 3, Final Session

Session Times: 9:00 am - 4:00 pm

Registration Opens: November 15, 2020
<https://agrilife.org/mwv>
 Registration Deadline: January 14, 2021

Allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more!

REGISTRATION FEE: \$75
 COLLEGE STUDENTS: \$25

For More Information and Session Location
 Contact Your Local County Extension Agent
<https://agrilifeextension.tamu.edu>

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*Texas A&M AgriLife Extension is an equal opportunity employer and program provider. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call at least 48 hours in advance.



Steps You Can Take to Get Used to Wearing a Mask

Some people have a hard time wearing a cloth mask or face covering at first, especially those with breathing issues already. You may feel like they look foolish or be anxious about having a hard time adjusting to breathing through several layers of cloth. Below are some suggestions we recommend to help you get used to wearing the latest COVID-19 fashion.

1. **Think positive.** It's true that breathing through a mask will feel different. See if you can begin with a "I'm going to make this work" mindset vs. thinking "I'm never going to be able to wear this."
2. **Practice at home.** Don't jump into the deep end. First, ease into wearing your mask at home while watching your favorite tv show. Then try taking it for a walk around the house, perhaps preparing for dinner. Take a step outside to get the mail and eventually a short walk around the neighborhood with your cloth mask. Level up slowly and be kind to yourself as your body adjusts to wearing the cloth covering, before you show up at a store where your anxiety might already be high due to fear of exposure.
3. **Be creative.** If your current face covering just isn't comfortable for you, consider your options. Consider wearing a wearing a scarf, balaclava/ski mask, handkerchief tied around your head, or other option.



Just remember that the CDC has made the following guidelines that all cloth masks should:

- fit snugly but comfortably against the side of the face,
 - be secured with ties or ear loops,
 - include multiple layers of fabric,
 - allow for breathing without restriction, and
 - be able to be laundered and machine dried without damage or change to shape.
4. **Talk to you doctor.** If the above strategies haven't worked for you, speak with your healthcare provider about your concerns and challenges to come up with the best plan that works for you.

Remember the reason for the cloth face covering as motivation. Cloth face coverings do not protect the wearer but the people around the wearer. I wear a face covering for you and you wear a face covering for me, and together we keep each other safe.

The best thing to do is stay home as much as possible and practice social distancing – at least six feet away from people who don't live in your home – until we can all breathe a little easier.



DINNER TONIGHT

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Cajun Grilled Fish Tacos

Servings 6

Prep Time 20 min.



Ingredients:

- *6 oz tilapia fillets thawed (or other white fish)
- *3 tablespoon Cajun seasoning
- *Non stick cooking spray
- *12 corn tortillas
- *3 cup shredded coleslaw mix
- *3/8 cup fresh cilantro chopped

Spicy Mayo:

- 3/4 cup mayonnaise fat free
- 1 1/2 chipotle peppers w/ adobo sauce
- 1/2 Tablespoon Lime juice

Instructions:

1. Preheat an indoor grill or heavy non-stick skillet to medium high heat.
2. Pat fish fillets dry with a paper towel and sprinkle each fillet with approximately 1 tsp of Cajun seasoning.
3. Spray your indoor grill or non-stick skillet with non-stick cooking spray and cook fish for approximately 4 minutes on each side or until fish flakes easily with a fork and has reached 145 degrees F.
4. While the fish is cooking, place the mayonnaise, the chipotle pepper in adobo sauce and a dash of lime juice in a food processor or blender and process until smooth.
5. Assemble tacos, spread Spicy Mayo on tortilla, top with coleslaw mix, 1/2 of a fish fillet. chopped cilantro, and a dash of lime juice and any other toppings of your choice and enjoy.

How to make holiday recipes healthier

Minor changes can reduce fat, sugar, calories without affecting flavor

The sugar, fat or sodium content of many holiday recipes can be reduced without a noticeable difference in taste. If a recipe calls for a cup of sugar, try using three-fourths or two-thirds of a cup. If it calls for a half-cup of oil, shortening or other fat, try one-third of a cup instead.

Also try using reduced-fat or non-fat cheese, milk, cream cheese, cottage cheese, yogurt or mayonnaise instead of higher-fat counterparts like regular cheese or cream.

For mashed potatoes, try using defatted broth instead of butter to reduce both fat and calories.

Modifying a complicated recipe may not always produce the desired texture, so test the recipe on friends or family before going "all in" on a holiday meal.



A medium-sized baked sweet potato contains about 100 calories, but many people add sugar, butter and other ingredients, which really ups the calorie count. A baked sweet potato with a little brown sugar and cinnamon is far healthier than one topped with butter, sugar and marshmallows.

Fresh cranberries are another healthy option for holiday recipes. Unlike canned cranberries or cranberry sauce, which often contain added sugar, fresh cranberries are naturally healthful.

Fresh cranberries contain phytonutrients and have anti-inflammatory properties that can promote health and may reduce the risk of disease. Add fresh cranberries to salads and baked items such as muffins, cookies and pies is also a good way to sneak in some extra nutrition and flavor.

Try some different cooking methods for healthier eating...

Leave the skin on a turkey during cooking and then remove the skin before serving to reduce the overall fat content.

For holiday vegetable dishes, the healthiest method of cooking is either steaming or roasting the vegetables, using a small amount of oil or cooking spray.

And, for many dishes, adding herbs and spices can enhance flavor without adding fat or calories.

Did You Know ? Healthy Tips & Facts

PATH TO THE PLATE
HEALTHY COOKING
FOR THE *Holidays*

GREEN BEANS

(*Phaseolus vulgaris*)

- It is best to store fresh beans in a crisper, plastic bags or in other containers in the refrigerator.
- Be sure to not cook green beans too long or they will become mushy and lose their bright green color.
- Green beans are a warm - season, vegetable crop. They are popular to grow in home gardens!
- Green beans a fair source of Vitamin A and C.

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PATH
TO THE PLATE

Source: https://aggie-horticulture.tamu.edu/organic/files/2011/03/E-509_green_beans.pdf



DINNER TONIGHT
INGREDIENT OF THE WEEK:

Onions



SELECTION

Look for onions that are hard and covered with papery outer skin.



HEALTH FACT

Onions are an excellent source of Vitamin C.



FUN FACT

Americans eat an average of 18 pounds of onions per year.

dinnertontight.tamu.edu



PATH TO THE PLATE
HEALTHY COOKING
FOR THE *Holidays*

PORK

(*Sus scrofa domesticus*)

- The pork industry supports more than 80,000 jobs across the country.
- Approximately one out of every seven hogs produced in the United States is exported.
- The USDA MyPlate recommends 5-6 ounces per day of lean protein; pork fits into this plan.
- Pork is considered an excellent source of protein, thiamin, niacin, and phosphorus.
- The U.S. pork industry provides a staggering 23 billion pounds of safe, wholesome and nutritious products worldwide.

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Source: <https://pathtotheplate.tamu.edu/youth/food/pork/>



DINNER TONIGHT
INGREDIENT OF THE WEEK:

Spaghetti Squash



HEALTH FACT

While a great source of Vitamin A and Vitamin C, spaghetti squash also provides dietary fiber.



FUN FACT

Most agree it originated in America, however, we are not able to determine if it was North or Central America.



STORAGE

Spaghetti squash should be stored in the refrigerator.



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Did You Know ? Healthy Tips & Facts

Cont..

PATH TO THE PLATE HEALTHY COOKING FOR THE *Holidays*

CAULIFLOWER

(*Brassica oleracea var. botrytis*)

- Cauliflower and other Cole crops are a good options to add protein, vitamins and minerals to your diet.
- Cauliflower can be grown in a home garden but require very fertile soil and grows best in full sun.
- When purchasing, choose cauliflower with compact, creamy white curds and bright green, firmly attached leaves.
- For fresh use, refrigerate cauliflower in a plastic bag for up to 5 days.

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Source: <https://pathtotheplate.tamu.edu/?s=cauliflower>



DINNER TONIGHT INGREDIENT OF THE WEEK: *Poblano Peppers*



VARIETY

Green poblano peppers have a mild taste, if left to ripen to red color, they are hotter.



HEALTH FACT

Rich in fiber, Vitamins A, C, and antioxidants.



HOW TO USE

Roasted and stuffed are the most popular ways to enjoy.



FUN FACT

Dried poblano peppers are called ancho chilies.



DINNER
TONIGHT
HEALTHY COOKING SCHOOL
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PATH TO THE PLATE HEALTHY COOKING FOR THE *Holidays*

ASPARAGUS

(*Asparagus officinalis*)

- An asparagus crown can last 15 to 25 years if it is properly cared for and is grown in a suitable climate.
- Asparagus is best suited to the cooler areas of North and West Texas.
- Asparagus can be stored for up to 3 weeks in plastic bags in the refrigerator.
- Asparagus is good source of both vitamin A and C.



DINNER TONIGHT INGREDIENT OF THE WEEK:

Bell Peppers



SELECTION

Look for medium to dark colored peppers with a glossy sheen.



HEALTH FACT

One serving of bell peppers contains nearly two times your daily requirements for Vitamin C!



FUN FACT

The most popular bell pepper in the United States is the green bell pepper.



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TONIGHT
HEALTHY COOKING SCHOOL
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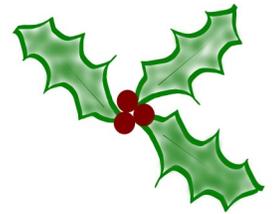


PATH
TO THE PLATE

Source: <https://agrilifeextension.tamu.edu/library/gardening/asparagus/>



Kids Corner



Why is the baby octopus always late for dinner?

He has to wash his hands first !

Help to stay healthy,
always wash your hands before eating !

HEALTHY Habits
Presented by DPH&I in collaboration with NCH and National PTA

HERE
For Healthy Schools

CLEAN HANDS are Cool!

Follow the steps to clean hands!

STEP 1 → Wet hands
Use warm water

Remember to get between your fingers, around your thumbs and in the hard-to-reach places where germs hide!

STEP 2 ← Soap it up

STEP 3 ← Scrub, scrub, scrub!
Rub hands for 20 seconds (Use song "Happy Birthday" twice for 20 sec.)

STEP 4 → Rinse well

STEP 5 → Dry off
Use a paper towel

FINISH ←

Great work! You followed the steps to clean hands!

Learn more about Healthy Habits lessons for the classroom at www.dph&i.com/healthy-classroom

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Peanut Butter Banana Toast

Ingredients

- 1 slice whole wheat bread toast
- 1/2 tbsp peanut butter or other nut butter
- 1/2 Banana Sliced

Directions:

1. Toast the bread
2. Spread on the Peanut Butter
3. Slice and lay the banana slices on top of the peanut butter.



Stuck inside:

Play a game of hide-and-seek or plan a scavenger hunt in your house with family.

Turn up the music and shake, rattle and roll to your favorite songs. Move your body !

Make an obstacle course that you jump over, crawling under or through something.

Blow up a balloon and play with the dog or just keep it from touching the floor !

