



# HELPING HANDS



## Holiday Mental Health

(Excerpts from: <http://blog.withings.com/2014/12/23/christmas-survival-guide-9-tips/>)

Christmas is all about family and togetherness. It's also a time of year that is filled with delicious temptations at every turn. Cakes and cookies, potlucks at work, eggnog and homemade fudge all begging you to abandon your diet – just for a few days. With the help of these nine tips, you can survive Christmas without gaining weight!

### 1. Everything in moderation

We always want what we can't have, and holiday foods are no exception to this rule. Split a treat with your coworker or have a smaller portion of your favorite dessert. You've made Santa's nice list this year it's okay to indulge in a few sips of eggnog! Depriving yourself of these treats will only make you want them more, and could lead to frustration and overeating.

### 2. Whistle, don't nibble while you work

Are you the family's go to chef? Are your holiday spreads the stuff of legends? Even if you're the Iron Chef of Christmas, resist the urge to nibble as you go. You're much more likely to consume additional calories if you can't see everything you're eating. To help avoid these temptations, chew gum, eat a mint, or drink tea as you work.

### 3. Create a New Tradition

Does your family play board games every Christmas while nibbling on snacks? Suggest a healthier alternative this year. Starting the family's first annual flag football game or choreographing a family dance allows for calorie burning togetherness!

### 4. Drink Some Water

Water is your friend! Not only does water help you to stay hydrated, it also helps you to feel full, decreasing the likelihood that you'll singlehandedly make that tray of Christmas cookies disappear!

### 5. Savor the Experience

One of the best things about Christmas food is that it is usually eaten only on Christmas. Take some time to enjoy these once a year delicacies and make sure you eat slowly to savor the experience. Not only will eating slowly heighten your enjoyment, it will also help you consume less calories.

### 6. Get In Your Steps

Your goal of 10,000 steps a day shouldn't take a vacation around Christmas. In fact, getting your steps in now is even more important. Parking as far away from the door as possible, taking the stairs and doing an extra loop around the mall while window shopping are all great ways to get those steps up while running Christmas errands. Suggesting a group walk after dinner is a great way to digest, spend time with family, and help reach 10,000 steps.

### 7. Don't Starve Yourself

Many people try to severely limit what they eat in the days leading up to a party, with the belief that they'll have the flexibility to eat the extra calories because of their earlier efforts. Unfortunately, this may lead to binging on holiday food and eating more calories. Instead, eat moderately in the days leading up to the event so that you do not feel deprived.

### 8. Take a Look Back

Do you remember when you first started working toward your fitness goals? Remember how great your body felt and the motivation that kept you off the couch and on the move? Don't forget about all the hard work you've put in to get where you are now. It's much easier to maintain healthy habits than it is to restart them.

### 9. Lean on your friends

Struggling not to become one with your mom's entire apple pie? Call or text a friend who knows your fitness goals and can help you stay on track. Hearing a friendly voice can be a great way to help you avoid temptation. Plus, positive encouragement from a friend is always great to hear! Lastly, - appropriate social networks can also help you stay fit.



## December Holidays

(excerpts from [rochester.edu](http://rochester.edu), Diversity at the University)

**Dec. 24-January 1: (Jewish).** Chanukah, also known as Hanukkah Also known as the Festival of Lights, this is an eight-day festival recalling the war fought by the Maccabees in the cause of religious freedom and the rededication of the temple after recapturing it from the Syrians. Each evening candles are lit on the “menorah” (candelabra), adding one candle each night. Hanukkah is a time for playing games and singing, for visiting and for giving gifts.



**Dec. 25: Christmas (Christian)** The day associated with the birth of Jesus. It is celebrated on December 25 by Western churches and on January 7 of the following year by Eastern Orthodox churches.



**Dec. 26-Jan. 1: Kwanzaa.** This is an African-American holiday started by Mailana Karenga, an African world scholar, in 1966. It is based on the agricultural celebrations of Africa called “the First Fruits” celebrations, which are times of harvest, gathering, reverence, commemoration, and recommitment. Therefore, Kwanzaa is a time for achievements, reverence for the Creator and creation, commemoration of the past, recommitment to cultural ideals, and celebration of the good. Kwanzaa, a Swahili word, means “first.” Kwanzaa is a cultural holiday, not a religious one, thus available to and practiced by Africans of all religious faiths.

### IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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### IAM EAP Calendar

### 2017 EAP I-IV

### Classes

William W. Winpisinger Education  
and Technology Center

#### EAP I

February 19-24  
October 1-6

#### EAP II

April 9-14

#### EAP III

June 25-30

#### EAP IV

September 17-22