

# Healthy workplace

Your monthly Anthem wellness newsletter



## Put stop smoking on your holiday to-do list

Holiday shopping, long road trips, family get-togethers, party planning and a busy social calendar can add to your stress during the holiday season. You may want to reach for a pack of smokes to deal with it all, but don't think that you need to give up your goal of quitting smoking just because it's the holidays. It's important to make a plan to quit and find people who can help you quit. Sometimes a call to a behavioral health support team can provide guidance in the early steps of a successful plan. Your state or county may also have a 1-800-Quit Line.

Use these tips to help you stick with your decision to quit.

1. **Keep your reasons for quitting top of mind.** When you feel the strong urge to light up, remember all the reasons why you're trying to quit. Although family members may be the reason you want to smoke, they could also be the reason you want to stop. Think about the upcoming holidays and how much better they'll be next year when you don't feel the need to smoke.
2. **Stay busy.** The holidays could actually work in your favor when you need to find a distraction to help you quit smoking. Take a spin around the mall or wrap gifts to pass the time. Even if you've finished wrapping your own gifts, offer to wrap a family member's gifts.
3. **Get rid of smoking reminders.** This includes cigarettes, lighters, matches and ashtrays.



4. **Avoid or spend less time with those who smoke.** Smoking is often a social behavior and avoiding people who smoke is helpful.
5. **Identify your triggers.** Smoking becomes part of your life. Certain people, feelings or activities may trigger a craving to smoke. Figure out how you can avoid or deal with these triggers.

## Breathe Easier, live Better Anthem ConditionCare: COPD

COPD is sometimes called emphysema or chronic bronchitis. If you or a covered family member gets diagnosed with COPD or already has it, there are things you can do to breathe easier. One step you can take is to sign up for our ConditionCare program. There's no added cost to join.

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse to talk about your health.
- An initial health screening by phone.
- Support from nurse care managers, pharmacists, dietitians, doctors and other health care professionals to help you reach your health goals. Educational guides, electronic newsletters and tools to help you learn more about COPD and to help you stay active and quit smoking.

To learn more or to join ConditionCare, call us toll free at the **Member Services number located on your ID card.**

## Eat This Not That this Holiday Season



**Eat this:** Shrimp cocktail, mini meatballs or chicken satay (Thai-style chicken kebabs). These are high in protein and low in fat. For example, 10 shrimp with cocktail sauce pack just **120** calories and less than **1** gram of fat.

**Not that:** Mixed nuts. Almonds and cashews are very healthy and packed with protein, fiber and healthy fat. The problem comes when you eat more than the appropriate portion. One cup of mixed nuts has a jaw-dropping **814** calories and **70** grams of fat. Either skip the nuts, or count out 15-20 pieces on your plate so you have a reasonable portion (approximately 150 calories).

**Eat this:** Salsa or bruschetta. These foods are low in calories. A quarter of a cup contains about **10** calories and zero grams of fat. These foods are usually made with tomatoes, which contain lycopene, an antioxidant that can aid in cancer prevention.

**Not that:** Spinach and artichoke dip. This creamy dip weighs in at a whopping **300** calories and **19** grams of fat per portion. Not to mention that it is usually eaten with bread or chips that can easily add on another **150-200** calories.

**Eat this:** Veggies and hummus. Veggies are packed with antioxidants, and hummus only has about **50** calories and **3** grams of fat per serving, which makes it a very nutritious choice.

**Not that:** Veggies and ranch or blue cheese dressing. Dips like these deliver a devastating **150** calories and **16** grams of fat per two tablespoons. You can easily consume **750** calories of dressing alone without realizing it.

## Drink This, Not That

Once you've mastered the buffet table, it's time to set your sights on the bar. Alcoholic beverages can do as much if not more damage to your diet than high-fat foods.

**Drink This:** Champagne or light beer. The average flute of bubbly has **80** calories and no fat, and a bottle of light beer has just over **100** calories and no fat.

**Not That:** Eggnog and creamy martinis. If you must partake, limit it to one serving: Eggnog has an average of **344** calories, **150** milligrams of cholesterol (half of the USDA's suggested daily limit) and **19** grams of fat per glass! Dessert cocktails like chocolate martinis pack around **400** calories and **20** grams of fat.

**Drink This:** Vodka and club soda with a lime. Club soda has zero calories, zero fat and zero sugar.

**Not That:** Gin and tonic has almost **240** calories per 8ounce serving. Tonic water can actually have as many calories as a regular cola.

Article from: <http://www.cancercenter.com/discussions/blog/eat-this-not-that-the-holiday-party-edition/>

## Did you know?

**According to research from the Calorie Control Council, the average American may consume more than 4,500 calories and a whopping 229 grams of fat during a typical holiday gathering from snacking and eating a traditional Thanksgiving dinner with turkey and all the trimmings.**

## Ways to Fight Holiday Stress



### Hike your mood with sunlight

It stimulates the production of feel-good serotonin and also helps relieve seasonal affective disorder (SAD), which impacts millions of Americans every year, says Judith Orloff, MD, an assistant professor of psychiatry at the University of California.

To ease SAD symptoms, spend time outdoors or near a window on sunny days, or ask your doctor about phototherapy (a treatment using a box that emits full-spectrum light).

### Take a whiff of citrus

Researchers studying depression have found that certain citrus fragrances boost feelings of well-being and alleviate stress by upping levels of norepinephrine, a hormone that affects mood. For an all-day pick-me-up, dab a little lemon or orange essential oil on a handkerchief to tuck in your pocket.

### Walk away from worries

"The rhythm and repetition of walking has a tranquilizing effect on your brain, and it decreases anxiety and improves sleep," says nutrition-and-wellness expert Ann Kulze, MD. Aim for a brisk, half-hour walk every day.

### Take a breathe

Intentionally take the time to stop what you are doing and take a few deep breaths to regroup and

center yourself during the holiday season. Make time to sit quietly for 5-10 minutes each day.

### Squeeze here

The fleshy place between your index finger and thumb is called the *hoku* spot in traditional Chinese medicine. Applying firm pressure there for just 30 seconds can reduce stress and tension in your upper body. So if you start to feel overwhelmed by the holiday chaos, give your hand a squeeze and take a deep breathe.

### Do less, enjoy more

"We go overboard to please others during the holidays: shopping, cooking, sending cards, and attending every event," says George Pratt, PhD, a psychologist at Scripps Memorial Hospital. "Instead, take care of yourself by saying no at least once—and maybe more."

### Stick with your daily routine

Prioritize your workouts, book club, etc., and don't try to squeeze in more holiday than you can handle, says Katherine Muller, PsyD, an assistant professor of psychology at the Albert Einstein College of Medicine.

### Don't neglect whatever cracks you up

Laughing like crazy reduces stress hormones. That, in turn, helps immune cells function better, says psychologist Steve Wilson, founder of the World Laughter Tour, an organization that offers therapeutic-laughter training.

### Forget perfection

Stop obsessing over doing it all. The world is not going to end if the house is a little cluttered or dinner is on the table a few minutes late. "Focus your energy on enjoying the people in your life," says Donna Schempp, the program director for the Family Caregiver Alliance. Don't sweat the small stuff and your holiday will be much more enjoyable!

### Consider abandoning old customs

Abandoning old customs can be a good strategy if you're lonely or grieving, suggests Cathy Frank, MD, medical director of the Henry Ford Behavioral Health Outpatient Center. Experiment with a

different culture's customs, or invite isolated colleagues over and start some new traditions.

### **Be a picky volunteer**

Take on only one or two holiday jobs, and learn how to delegate parts of a task, advises Richard Shadick, PhD, director of the Counseling Center at Pace University in New York.

### **Go tech-free**

Constant cell phone buzzes and email alerts keep us in a perpetual fight-or-flight mode due to bursts of adrenaline. Not only is this exhausting, but it contributes to mounting stress levels, especially in women. Enjoy spending time with your family and friends without worry.

### **Eat breakfast before you tank up on coffee**

Caffeine on an empty stomach can cause blood sugar levels to spike, which can cause attention problems and irritability, says New York City-based clinical psychologist Joe Cilona, PsyD.

### **Turn up the tunes**

Anxious? Listen to your favorite music, whether it's Jingle Bell Rock or the latest from Jay-Z. Research from the University of Maryland shows that hearing music you love can relax blood vessels and increase blood flow. That not only calms you down but is good for your heart, too.

### **Don't overschedule**

If you're feeling stressed and overwhelmed by your holiday agenda, don't over schedule your time and take on more than you can manage. Remember: It's OK to slow down a bit.

### **Think positive, express gratitude**

The holidays may drive you to your breaking point, but don't focus on the bad. Negative thinking can trigger the body's stress response, just as a real threat does. Remember, it's time to celebrate with your family and friends (even if they do stress you out!). An optimistic outlook will help you cope with challenges that come your way.

Article from Health.com

## **Vegetables and Fruit to enjoy this winter season**

**Burr!!** Winter is the time for slow cooked stews, roasted root vegetables, and holiday treats. The growing season has now ended for most of the northern states; however enjoy this list of healthy fruits and vegetables during the cold winter months

**Beets, cabbage, broccoli, Brussels sprouts, citrus fruits, turnips, pomegranates, parsnips, kale, radishes, carrots, sweet potatoes, winter squash**





## Honey -Glazed Roasted Root Vegetables



**Total time:** 1 ½ hours  
**Serves:** 12

### Ingredients

- 1 1/4 pounds parsnips, peeled and sliced 1/2 inch thick
- 1 1/4 pounds carrots, peeled and sliced 1/2 inch thick
- One 1 1/4 pound celery root—peeled, quartered and sliced 1/2 inch thick
- 1 1/4 pounds golden beets, peeled and sliced 1/2 inch thick
- 1/2 cup extra-virgin olive oil
- 1/2 cup honey
- 6 thyme sprigs
- Salt and freshly ground pepper
- 2 tablespoons sherry vinegar

### Instructions

Preheat the oven to 425°. In a large bowl, toss the root vegetables with the oil, honey and thyme and season with salt and pepper. Divide between 2 large, sturdy rimmed baking sheets. Cover with foil and roast for 40 minutes, shifting the pans once, until the vegetables are tender. Remove the foil and roast for 10 minutes longer, until glazed. Return them to the bowl and stir

in the vinegar then season with salt and pepper. Serve right away

### Notes

The vegetables can be cooked early in the day and kept at room temperature before rewarming

Recipe by Food and Wine Magazine:

## World Aids Day December 1



World AIDS Day is dedicated to raising awareness of the AIDS pandemic caused by the spread of the HIV infection. World AIDS Day is an opportunity for you to learn the facts about HIV. If you understand how HIV is transmitted, how it can be prevented, and the reality of living with HIV today - you can use this knowledge to take care of your own health and the health of others, and ensure you treat everyone living with HIV fairly, with respect and understanding.

**Looking for ways you can take action  
around World AIDS Day? Go to  
[www.worldaidsday.org](http://www.worldaidsday.org)**



