Holiday Stress! Trim the Trimmings This Year!

Are there chores, events, or activities that you can remove from your holiday checklist this year, thereby reducing your stress? If expectations from family and friends pin the success of the season on you every year, it may be time to take care of yourself by reducing the level of magnificence you are accustomed to delivering. Eliminating even one event or simplifying gifts for distant relationships can reduce the sensation of feeling overwhelmed. Examine the checklist that is beginning to form, and give yourself the gift of less. Move some of your “must haves” to the “nice to have” column, and discover whether trimming the trimmings has you enjoying the season more.

Personalized Medical Guidance® (PMG) Corner

The holiday season is the most wonderful time of the year. Unfortunately, many people also dread the holiday season because of anticipation of significant weight gain. Half of our annual weight gain in the United States occurs during the holiday period. Look for the Doctor’s Tips Article for healthy eating tips in the Holiday Season.

Unlimited access to your own Physician Coach for education and guidance regarding your health care issues.

To access PMG services, register online at the PMG center
Inspiring Young Entrepreneurs

Spark your child’s interest in entrepreneurship with exposure to small self-employment ideas like a lemonade stand, small e-commerce website, or other retail concept. When your child wanders into your home office, don’t shoo them off, but instead provide an easy task with a pleasing result so they make the connection between effort and outcome. Model positivity and excitement about self-employment, and you’ll generate “stickiness” for entrepreneurship. To learn more, take a look at Emmanuel Modu’s *The Lemonade Stand*. You will find similar books online.

Soft Skills to Know: Demonstrating Confidence

Demonstrating confidence communicates the certainty of your positions and decisions, as well as the reliability of outcomes you say will appear. Confidence is a leadership quality and a soft skill that can help you achieve goals. Showing confidence is not a sign of arrogance or the inability to accept feedback. The power of confidence means other key traits likely exist. These include high self-esteem, the willingness to take risks, the ability to achieve goals, resilience, and knowing how to meet challenges with a “can do” attitude. To build your confidence, seek to remove negative influences in your life that undermine it. These influences can be subtle like negative self-talk, unsupportive people, or even your immediate work environment (e.g., desk clutter, disorganization).

Helping Victims of Domestic Violence

Stigma causes many people to hide their domestic violence victimization. It also causes others to remain silent in order to protect the victim, even if they are in the best position to help. Helping a domestic abuse victim starts with acknowledgement—saying that you sense something is wrong, and what you believe it might be. Victims of domestic violence often struggle with other problems like parenting issues, money problems, anxiety, fear, job insecurity, and health concerns. A nonjudgmental, empathetic listening ear can have a powerful and healing impact that begins the process of allowing next steps to follow. These may be legal or community protection measures. Do you know someone who might be a victim of domestic abuse? You could be the first person she (or he) opens up to about it. Still unsure what to do? Phone a domestic abuse hotline. There’s one for your area.
Did you know… our on-line Savings Center offers employees discounts of 25 to 70 percent off regular retail prices?

Bills, health care, retirement savings and taxes all take enough out of our paychecks already. What about everything else? To help you stretch your dollar, you and your family have access to a free online benefit: the Savings Center. Register for free on your IMPACT Work/Life Website at www.MyIMPACTSolution.com now!
Making and Breaking Tradition

DOING THE HOLIDAY YOUR WAY

The holidays are a time rich with family tradition. But what if your family doesn’t fit that traditional image? It’s time to let go of the stress of trying to create the perfect holiday and form traditions of your own. Your Employee Assistance Program is here to help with information and resources to help you do the holiday your way.

ONLINE SEMINAR

Available on demand starting November 15th

Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress

Is stress getting in the way of your holiday enjoyment? Explore ways to minimize the tension and increase the fun for all involved.

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: 800-227-6007
WEBSITE: www.MyImpactSolution.com

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.
Avoiding Holiday Weight Gain

The holiday season is the most wonderful time of the year. Unfortunately, many people also dread the holiday season because of anticipation of significant weight gain. Half of our annual weight gain in the United States occurs during the holiday period. Even more worrisome is the fact that those who are already overweight or obese tend to gain more weight (as much as 5 pounds) annually. Accumulation of body fat (20% or more over an individual's ideal body weight) has been associated with significant risk for the development of coronary artery disease, diabetes, decreased immune system activity, arthritis, high blood pressure, high cholesterol, stroke, gall bladder disease, sleep apnea, some cancers (endometrial, breast, colon, kidney, gall bladder, liver), depression and anxiety. But what can we do to avoid it?

The best way to address potential weight gain during the holidays is to prevent it. While many feel they can avoid gaining weight by just cutting the calories after the holidays, they often underestimate how few calories per day are required to pack on the pounds. A consistent increase of only 100 calories per day will result in a 10-pound weight gain in one year. Table 1 provides a list of common foods that amount to 100 calories per serving. Those foods can be considered good snacks but you must not forget to count them in your daily food intake. Table 2 lists common holiday foods and their caloric content and lets you know just how long it will take you to “work it off.”

<table>
<thead>
<tr>
<th>Table 1: Some 100-calorie foods</th>
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<tbody>
<tr>
<td>Small Baked potato (1 ⅓ - 2 ⅓ inch in diameter)</td>
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<tr>
<td>2 (1-ounce) cubes of cheddar cheese</td>
</tr>
<tr>
<td>5 dried figs</td>
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<tr>
<td>13 large shrimp – steamed or boiled</td>
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<tr>
<td>15 dried roasted cashew halves</td>
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<tr>
<td>21 unsalted mini pretzels</td>
</tr>
<tr>
<td>28 baby carrots</td>
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<tr>
<td>13 Celery Sticks</td>
</tr>
<tr>
<td>60 raw green beans</td>
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<tr>
<td>1 tablespoon of peanut butter</td>
</tr>
<tr>
<td>4 saltine crackers</td>
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<tr>
<td>1 cup cheese popcorn</td>
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<tr>
<td>10 ounce latte with fat-free milk</td>
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<tr>
<td>1 light beer (12 oz)</td>
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<tr>
<td>2.5 ounces red or white wine</td>
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<tr>
<td>6 ounces of rum, whiskey, vodka (80 proof)</td>
</tr>
</tbody>
</table>

| Table 2: Common holiday foods, their caloric content, and time to burn the calories |
|--------------------------|--------------------------|--------------------------|
| **Holiday Food**          | **Calories**        | **Time To Burn the Calories** |
| 1 slice of an 8-inch pumpkin pie | 280 | Walking – 1 hour 17 minutes  
Jogging – 32 minutes  
Cycling – 43 minutes |
| 1 slice of an 8-inch pecan pie | 532 | Walking – 2 hours 28 minutes  
Jogging – 1 hour 1 minute  
Cycling – 1 hour 21 minutes |
| 1 cup cranberry sauce | 418 | Walking – 1 hour 56 minutes  
Jogging – 48 minutes  
Cycling – 1 hour 4 minutes |
| 8 ounces of skinless turkey breast | 305 | Walking – 1 hour 25 minutes  
Jogging – 25 minutes  
Cycling – 47 minutes |
| ¾ cup stuffing | 439 | Walking – 2 hours 2 minutes  
Jogging – 50 minutes  
Cycling – 1 hour 7 minutes |
| 6 fried chicken wings | 616 | Walking – 2 hours 51 minutes  
Jogging – 1 hour 11 minutes  
Cycling – 1 hour 34 minutes |
| 4 ounces of potato chips (1/2 a small bag) | 620 | Walking – 2 hours 52 minutes  
Jogging – 1 hour 12 minutes  
Cycling – 1 hour 35 minutes |
| 22 nacho cheese tortilla chips | 300 | Walking – 1 hour 23 minutes  
Jogging – 34 minutes  
Cycling – 46 minutes |
| 1 pork rib (4 ounces) | 371 | Walking – 1 hour 43 minutes  
Jogging – 42 minutes  
Cycling – 57 minutes |

Your IMPACT EAP offers Personalize Medical Guidance (PMG) services where you can access your own Physician Coach for education and guidance regarding your health care issues. For more information regarding PMG and other EAP services call 880-227-6007.