



# How to Stay Healthy Through the Holidays



The holiday season is a time full of joy, cheer, parties, and family gatherings. However, for many people, it is a time of loneliness, self-evaluation, reflection on the past and anxiety about an uncertain future. Use these suggestions to help prepare for the holidays and make them special in your own way.

## MAKE IT MEANINGFUL

It can be easy to focus on what you don't have, and not what you do have, during the holidays. Make a point to **celebrate the good things** in your life.

**Volunteering** at a soup kitchen, wrapping gifts for kids in the hospital, or spending time with the elderly are terrific ways to experience what the holidays are really about: **Giving to others!**

There are no rules for how you spend your holidays. If old traditions don't bring happiness, **create your own new traditions.** If you don't have family, share the holidays with friends. Don't wait for them to include you; make them welcome in your home instead.

## GET HELP

Talking about your feelings and what triggers them can teach you new ways to cope and can help keep your holiday blues at bay.

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### MANAGE EXPECTATIONS

Set realistic goals, make a list and prioritize important activities, and don't focus on one day, focus on the holiday season.



### LOOK TO THE FUTURE

Life brings changes. Each season is different and can be enjoyed in its own way. Don't compare today with the "good ol' days."



### SUPPORTIVE PEOPLE

Spend time with caring people. Reach out and make new friends or contact someone you have not heard from for awhile.



### DRINKING

Be aware that excessive drinking will only increase feelings of depression.



### TIME FOR YOURSELF

Recharge your batteries! Let others share the responsibility of activities, cooking and shopping.



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# SUCCESS STORY

## MEMBER

50 Year Old Male

## GOALS

To improve lab values and avoid taking medication.

## SUCCESS

Member lost 15 pounds, Total Cholesterol went from 246 to 184, Triglycerides from 223 to 117, LDL from 166 to 126 and Fasting Blood Glucose from 122 to 111.

## OUTCOMES

After being educated by an HMC Health Coach on fiber, sugar, sodium and heart healthy exercise, the member started at the gym, added Metamucil in the evening and worked on increasing his fiber intake to 35 grams/day. He has a plan in place to improve his lab results even further.

## IN HIS OWN WORDS

"I am amazed by the benefits of the adding fiber to my diet and how my labs have improved!"

**WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).**



## ZUCCHINI, HAM AND RICE SKILLET

### Ingredients

- 2 eggs
- 1/2 tsp. black pepper
- 2 tbsp. extra virgin olive oil, divided
- 1 lb. zucchini cut into bite sized pieces
- 4 oz. pancetta, diced
- 2 cups diced onion
- 1/2 cup long grain white rice
- 1 cup vegetable or chicken stock
- 1 bunch fresh thyme, left whole
- 8 oz. ham steak, cut into small pieces
- 1 cup grated Romano cheese

### Directions

1. Beat the eggs with the black pepper in a small bowl and set aside.
2. In a skillet with a tight fitting cover, place over medium high heat and add one tablespoon of the olive oil.
3. Sauté zucchini for 2-3 minutes until slightly browned but not cooked through. Remove to a plate and set aside.
4. Add the second tablespoon of oil and the pancetta. Cook to render fat from pancetta and cook till almost crisp.
5. Add onions and rice and sauté for 2 minutes stirring often. Add stock and whole thyme, cover and reduce to a simmer. Simmer covered for 15-20 minutes or until rice is cooked. Remove and discard thyme.
6. Remove cover and add in cooked zucchini and ham.
7. Move the rice mixture to the edges of the pan and add the eggs to the center and scramble with a wooden spoon until cooked. Add the Romano cheese and stir the entire mixture to combine.

