

Garden Grove Unified School District is committed to improving the overall health of our employees through education. Each issue of our GGUSD Wellness Newsletter is designed to help you live a healthy and active life, while also keeping you informed of health insurance related topics and updates.

Have a Healthier Holiday Season



The holidays can be filled with joy as you spend time with family and friends, eat good food and observe important traditions. Here are beneficial hints that can help keep you healthy and energized throughout the holiday season:

Walk in a Winter Wonderland. Exercising every day will help you sleep better and feel more fit and full of pep. For safety's sake, however, check with your doctor before significantly increasing your level of physical activity.

Don't Fast and Feast. Try to refuel with small meals every three to four hours while you are awake. Fasting before a holiday meal may lead to overeating, so consider having a light snack beforehand.

Take it Easy With the Sugarplums. You do not have to skip holiday desserts, but try to keep your fat and sugar intake low. Fill up on fruits, veggies and whole grains, and be sure to start the day with a nutritious breakfast.

Enjoy Your Nightly Hibernation. Try to sleep on a regular schedule. Do not eat for two to three hours before bedtime. Also, limit caffeine and alcohol– they interfere with sleep.

Fit and Festive!

Need some clever ways to get active? Try these 6 moves for your holiday groove.

Do a Jolly Jig. Dance to holiday tunes whenever you can. Perhaps after wrapping a present or while cookies are in the oven.

Plan Active Outings. Go ice skating. Walk to take in the outdoor lights. Sign up for a jingle bell fun run/walk.

Stroll Before you Shop. Walk a few blocks, laps at the mall or a big-box store before you use your purchasing power.

Cue the Classics. Watch holiday movies you love while doing yoga, on the treadmill or using hand weights.

Pinched for Time? Break your regular half-hour walk into three brisk 10-minute jaunts.

Make a Clean Sweep. Put on some lively music– and pick up around your home, one song per room. Repeat as needed!



IMPORTANT DATES
TO
REMEMBER:

**FLEXIBLE
SPENDING
PLAN YEAR**

January 1, 2018 through
December 31, 2018

**WEEKLY
INSURANCE
ORIENTATION**

Every Thursday
3:30 p.m.
Insurance
Department

Coping with Holiday Stress

The holiday season can be a time of joy, but it can also be hectic and stressful. Use these nine tips to calm the pressure.

Create a Game Plan

Spend a little time up front getting organized. Make a list of what you need to buy. Try to shop ahead of time, before things are picked over and you are under pressure. If you will be cooking, plan your menu. Decide whether some items could be prepared ahead and frozen or refrigerated.

Make a Budget and Stick to it

Money is one of the major stressors during the holidays. Do not dig yourself into a hole by overspending. A thoughtful gift does not have to be expensive. If money is tight, suggest a family gift exchange with a spending limit.

Accept Reality

Guests may arrive late. The turkey may be dry. Real life is not a holiday special. Do not expect perfect decorations, a perfect meal, or perfect people. Try to go with the flow and enjoy what you have.

Beware of Unhealthy Stress Relievers

Holiday stress causes some people to fall into bad habits such as smoking, drinking or eating too much. Think about any unhealthy habits you are prone to and better ways to handle stress.

Create New Traditions

Stressed out by the usual festivities? Try something different. Instead of cooking a huge meal on your own, make it a potluck. Ask adults to bring gag gifts or have a “white elephant” or used book gift exchange. Attend a local holiday concert, walk the neighborhood to look at holiday lights, or go sledding.

Make Time for Your Health

In the holiday rush, do not let your well-being fall by the wayside. Try to stay on your normal schedule and get regular exercise.

Watch out for Caffeine and Alcohol

Caffeine can raise your stress and interfere with sleep. Alcoholic drinks contain a lot of calories, and drinking too much may make you feel depressed. Instead, drink plenty of water or try herbal tea.

Give Yourself a Break

In the midst of doing things for others, it is easy to forget to take care of ourselves. If you feel stress building up, get away for a few minutes. Find a quiet corner and do some deep breathing, listen to calming music, or just sit. Or throw on a coat and slip outside for a walk.

Enjoy

The holidays are supposed to be a time of joy and togetherness. In the flurry of the holidays, we sometimes forget what we are celebrating. Remember to savor the time with people you love.

Source: UnitedHealthCare

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