

Thrive



DECEMBER

Well-Being

TOOLKIT



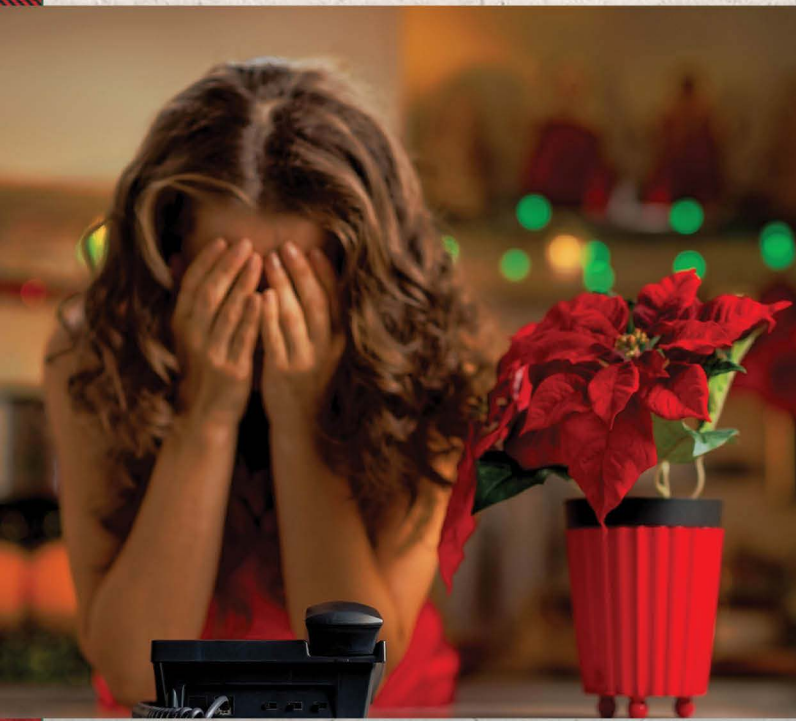
December is unique in that it is the first month of the winter season where the trees full of colorful leaves give way to barren branches, and rain begins to change to snow. Many look forward to stealing away cozy moments by the fire in their comfy chair and sipping coffee or cocoa while reading a book. And, of course there is the association with many religious holiday celebrations, the gathering of family and friends and going to musicals and parties. This is the last month of the year and people typically begin to reflect over the past year and think about new goals and things they want to accomplish in the New Year. As you begin to think about this December, what would be in your picture frame?



WHAT DO YOU LIKE ABOUT DECEMBER?

HERE ARE A FEW THINGS WE THOUGHT OF:

- Curling up with my little ones next to the fireplace with a hot drink.
- Seeing all the decorations and lights for the holidays – magical.
- Snow! I look forward each year to the snow. Wishing it is as much as it was when I was a kid.
- The cold weather! I don't like summer heat but do enjoy sitting by the fireplace.
- In the month of December I look forward to family fun time, smiling faces and just plain old love.
- Snow days! I am like a child, peeking out of the windows first thing in the morning to see if it snowed during the night.
- I enjoy watching the snowfall and hearing the crackle of a nice warm fireplace.
- Making cinnamon candy for my family and friends.
- My favorite thing in December is the time I get to spend baking with my granddaughters.
- The feeling of fellowship that surrounds us at home as well as at our home away from home.
- Everyone is a little kinder and more thoughtful. That is when we can really learn more about our "other" family we spend 40 hours a week with!



With all the holiday parties and family dinners, this time can be a bit stressful. Here are some tips that might make it a little more stress-free.

- Try not to let the holiday season become a free-for-all on eating. Too much of a good thing can suppress your immune system.
- Commit to less and make choices that hold meaning for you with your friends and loved ones.
- Do one thing at a time and be more focused without distractions like cell phones or television. Let

yourself enjoy the season and sensory pleasures of cooking and eating holiday meals.

- Keep it simple with your decorations and food. You don't have to spend a fortune.
- Involve the whole family in the holiday planning. Children love to be part of the process, such as decorating the house and helping with cookies.
- Maintain a restful sleep routine during this time. Traveling, parties and seasonal events can make your sleep schedule erratic.
- Most of all, remember to take care of you. Breathe deeply and exercise patience while in shopping lines. Schedule some alone time, even if it is only 15 minutes.





SWEET POTATO NACHOS

Here is link to this recipe from the American Heart Association:

<https://recipes.heart.org/en/recipes/sweet-potato-nachos>

What child won't try orange nachos? The seasoned sweet potatoes with the mellow cheese create a wonderful combination for a snack or healthier game-day appetizer!

INGREDIENTS

- 3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 1/2 tsp. paprika
- 1/3 cup black beans (drained, rinsed)
- 1/3 cup reduced-fat, shredded cheddar cheese
- 1/3 cup chopped tomato (1 plum tomato)
- 1/3 cup no-salt-added, canned, diced tomatoes (drained, rinsed)
- 1/3 cup chopped avocado

DIRECTIONS

1. Preheat the oven to 425 F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

Nutrition Facts Per Serving (Total servings = 6)

Calories 209

Protein 6 grams

Fiber 6 grams

Cost per serving \$1.56