

# DON'T LET STRESS RUIN YOUR HOLIDAY!



Keep uninvited guests, stress and depression, out this holiday season. Follow these tips to have a stress free holiday.

## Buckley Air Force Base Health Promotion

November is Warrior Care and Tobacco Awareness Month

### Make this holiday season stress free



Take the worry out of this holiday season with these stress free tips.

#### Get moving!

Being physically active can reduce your risk for various health issues like type 2 diabetes. Engage in moderate-intensity physical activity at least 30 minutes per day at least five days of the week.

To meet the goal of 30 minutes a day of moderate-intensity physical activity, you don't have to do all 30 minutes at once. You can get the health benefit from breaking 30 minutes up into three 10-minute or two 15-minute sections throughout the day.

Examples of moderate-intensity physical activity are:

- Biking at a casual pace.
- Actively playing with your children.
- Yard work (raking/ bagging leaves or using a lawn mower).

If you want to lose weight or prevent regaining weight, you might need to do 60 to 90 minutes of moderate-intensity physical activity a day on most days.

#### Find a new hobby

Studies show that repetitive activities such as knitting, crafting and latch-hook have a calming effect.

#### Get at least eight hours of sleep.

Try not to drink caffeine late in the day and take time to unwind in the evening so you can go to bed with a calm mind.

### Make healthy food choices.



- Eat smaller portions. Learn what a serving size is for different foods and how many servings you need in a meal.
- Eat less fat. Choose fewer high-fat foods and use less fat for cooking. You especially want to limit foods that are high in saturated fats or *trans* fat, such as:
  - Fatty cuts of meat.
  - Whole milk and dairy products made from whole milk.
  - Cakes, candy, cookies, crackers, and pies.
  - Fried foods.
  - Salad dressings.
  - Lard, shortening, stick margarine, and nondairy creamers.
- Eat more fiber by eating more whole-grain foods. Whole grains can be found in:
  - Breakfast cereals made with 100% whole grains.
  - Oatmeal.
  - Whole grain rice.
  - Whole-wheat bread, bagels, pita bread, and tortillas.
- Eat a variety of fruits and vegetables every day. Choose fresh, frozen, canned, or dried fruit and 100% fruit juices most of the time. Eat plenty of veggies like these:
  - Dark green veggies (e.g., broccoli, spinach, brussel sprouts).
  - Orange veggies (e.g., carrots, sweet potatoes, pumpkin, winter squash).
  - Beans and peas (e.g., black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils).
- Eat fewer foods that are high in added sugar, such as:
  - Fruit-flavored drinks.
  - Sodas.
  - Tea or coffee sweetened with sugar.
- Use less salt in cooking and at the table. Eat fewer foods that are high in salt, such as:
  - Canned and package soups.
  - Canned vegetables.
  - Pickles.
  - Processed meats.
- Never skip meals. Stick to your meal plan as best you can.
- Limit the amount of alcohol you drink.
- Make changes slowly. It takes time to achieve lasting goals.

#### Resources:

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>  
[http://www.militaryonesource.mil/phases-career?content\\_id=273742](http://www.militaryonesource.mil/phases-career?content_id=273742)  
<https://www.diabeteseducator.org/>  
[http://www.cdc.gov/diabetes/ndep/cdcinfo/ndep\\_pdf/tasty-recipes-508.pdf](http://www.cdc.gov/diabetes/ndep/cdcinfo/ndep_pdf/tasty-recipes-508.pdf)



## Be Tobacco Free!

Everyone knows that kicking tobacco isn't easy. What's your reason to quit? Be part of the movement! Be part of the Great American Smokeout.

Quitting, or helping someone else to quit, does not have to be a challenge. If you are trying to quit or want to help someone else to quit, it can help to fully understand the reasons for using tobacco, challenges, triggers, and motivators for quitting before trying to quit. As you think about it, ask yourself the following questions:



- 1. What made you start using tobacco?
- 2. If you are trying to help someone else, what made them start using tobacco?
- 3. Why and when do you use it?
- 4. What are your reasons for quitting?
- 5. What motivates you to quit?

Here are just some of the positive reasons why you should quit.

- 1. **Your health and appearance.** When you choose to quit, you'll breathe easier and cough less, your teeth and fingernails will not be stained, and your blood pressure will go down.
- 2. **Maybe it's more about improving your lifestyle?** When you quit smoking or chewing, you'll have more money in your pocket, food will taste better, and your clothes and car will smell better. Maybe it's for your family or those you lead? Quitting will give you more energy to do fun things with your friends and family, which allows you to be share those unforgettable moments with those closest to you.
- 3. **Quitting smoking sets a great example for your kids and protects them from your secondhand smoke.** Did you know that experts believe about 38,000 people die each year from secondhand smoke? After reading this, I'm sure you can think of a few good reasons to quit. Don't wait, quit today.

Are you ready to quit for the reasons that matter the most? Check out the resources listed below:

- <https://ucanquit2.org/HowToQuit.aspx>
- <http://smokefree.gov/ready-to-quit>
- <http://smokefree.gov/reasons-to-quit>



## Holiday Health and Safety Tips

The holidays are a great opportunity to enjoy time with family and friends, celebrate life, to be grateful, and reflect on what's important. They are also a time to appreciate the gift of health. Here are some holiday tips to support your efforts for health and safety this season. Scan each QR code to see more tips on holiday health and safety tips.

### Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

### Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

Frequently Asked Questions 

### Get check-ups and vaccinations.

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.

### Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



[Holiday Food Safety Tips](#)



[Holiday Alcohol Safety Tips](#)



[Holiday Healthy Weight Tips](#)



[5 Holiday Diabetes Tips](#)



[Physical Activity For Everyone](#)

## Community Events



17 Nov - Cooking Demo with the Commander 1200 @ HAWC

Commissary Tours – by appointments

Alan Muriera, Health Promotion Manager

720-847-6864

Claire Chiu, Health Promotion Dietitian

720-847-6865