



BREATHE EASY, BEAT HOLIDAY STRESS

Most people seem to get conflicted about the holidays. First, they're excited about special events, family gatherings, lavish meals and so on, but they're also stressed about the inevitable frustrations. Pandemic tensions only add to the stress.

The trick to *happy* holidays is not letting these stressors overrule the excitement. But how?

One of the biggest steps you can take is to manage your expectations. We all want perfect holidays, but we should realize that "perfect" is impossible. So, relax. Deal with imperfections as they come up, and move on.

Another tip: Don't try to do everything yourself. Not only will asking for help take some of the load off of you, but it also can

help you spend more time with the people you love. Make food preparation a family affair, decorating a celebration, and so on.

Accept that there are many viewpoints on COVID risks, and look for common ground and compromises that still allow everyone to feel safe. Encourage others to set aside disagreements and do what is best for everyone involved.

And every once in a while, just stop and take a breath. Literally sit down for 15 minutes and do breathing exercises. You might feel like you don't have time, but if you make time, you'll find that you're more productive - and less stressed - when you get back to work.

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Smart Facts

79%

of employed Americans are affected by workplace stress.

88%

of Americans feel the holidays are the most stressful time of the year.

52%

was the revenue growth for the mindfulness apps from 2018 to 2019.



MAKE THE MOVE TO INDOOR FITNESS

For a lot of people, the year has two seasons: exercise and don't exercise.

When it's warm outside, they'll get out and get fit. But once the temperatures drop, they flop... onto the couch until spring. And then they start the process all over again. The problem is, with each year that passes, that process of getting *back* into shape is harder and harder, and you'll generally be healthier if you maintain at least some of your fitness over the winter.

To do that, though, you need a plan ... and maybe a few tricks. Here's some ideas to consider:

Don't be a loner. Having workout partners will hold you accountable, and classes make exercise more social and fun.

Freshen up. Try a sport or exercise program you've never tried before. The novelty of learning and mastering something new will make the cold weeks pass faster.

Fake it till you make it. Don't feel like working out? Get dressed, grab your equipment and head to the gym anyway. Odds are good that you'll be motivated by the time you get there. As Indiana University exercise psychologist Jack Raglin says, "Once you start gearing up, you're getting your head in the game."

Dress the part ... and then do it. Go a step further and put your exercise clothes on even before you plan to exercise. That way you'll be ready to go first thing in the morning, and you won't have to worry about trading warm jammies for cold gym clothes.

Get some new stuff. Buy some new equipment, a fresh set of workout clothes or something else. You don't have to spend a lot of money, but you do need to get some toys or duds that will get you excited.

Make it quick. You don't have to spend hours at the gym to maintain some of that summer fitness. Raising your activity level for a short time delivers rewards, especially if you do it a few times a week.

Drink up. Working out in dry air can drain your body of fluids in a hurry. Be sure to stay hydrated.



*"Once you start gearing up, you're getting your head in the game."
-Jack Raglin*

CONNECT WITH EFFECTIVE TELEHEALTH

Telehealth has been around for years, but you can be forgiven if you thought it only came into being recently. As COVID-19 moved across the nation, healthcare providers encouraged more patients who did not need face-to-face visits to schedule appointments via video feed.

Obviously, such visits should not be used in the case of an emergency, and plenty of conditions or concerns require time in the same room as a care provider. But lots of visits with your doc can be conducted by video or even a simple phone call, with the added benefits of not having to venture out when you're feeling bad, not having to be around sick people in a waiting room, and more.

But there's more to a good telehealth visit than simply turning on your computer and signing on. With a few simple steps, you can make the most out of your remote caregiver appointment.

Get connected. A good visit requires a good connection. For video visits, make sure you have a good internet signal, a quiet, private place for the conversation and a well-lit area. For phone calls, make sure you have a good signal and your phone battery is charged.

Prepare. Make a list of items you want to discuss with the caregiver. If you write things down, you'll be more efficient and reduce the risk that you'll forget to mention something.

Take notes. As you talk with the caregiver, take notes so you can be sure to remember what you've discussed.

Know what's next. Before you disconnect, make sure you know what action you need to take or what the caregiver is going to do for you. Will prescriptions be called into your pharmacy? Don't hesitate to ask for clarification.

Get it in writing. Often, a caregiver will follow up a telehealth visit by emailing or posting on a patient portal a summary of the visit, instructions for care and more. If that's not the usual practice, ask if it can be done.

Check your coverage. Most employer-sponsored health benefit plans cover telehealth at some level, but coverage policies and practices vary from company to company, so you should check your coverage before your telehealth visit.



Diabetes Awareness Month

Diabetes affects some 34 million people in the United States, but as many as one in five people with diabetes don't realize they have it - which puts them at risk for serious health challenges. Fortunately, the American Diabetes Association offers an [online quiz](#) to assess your risk. Learn more at www.diabetes.org.

HARVEST OF THE MONTH: TURNIPS

The turnip seems to have made a comeback.

In the ancient world, it was a popular staple, prized especially for its spicy-flavored leaves and oil from its seeds. While the turnip often is regarded as a root vegetable, the roundish part of the plant we eat is actually a part of its stem. Once long and spindly (more like a carrot), it has been bred over time to be plumper and meatier.

Over the centuries, the turnip somehow fell from favor, becoming, as National Geographic put it, "the food of cows, pigs, sheep, the desperate, and the poor."

More recently, though, the rooty vegetable has enjoyed a surge in popularity, becoming one of the most-ordered seeds from seed catalogues and finding its way onto plates in hipper restaurants. Now, more and more cooks are serving it as a side dish, mashed, roasted, chopped or various other ways.

To select the best turnips, you first should understand that they come in a variety of colors, but the most popular ones tend to be purple on top and white on the bottom. Choose crisp and



blemish-free turnips with bright green tops. Smaller ones will taste better, as they're less bitter.

You can store turnips in a dry, sealed container at a cool temperature, but first remove their green tops. Then you can safely hold onto them for months at a time.



Recipe: Parmesan-Crusted Crushed Turnips

Ingredients (6 servings):

12 small to medium turnips, peeled
Salt
2 tablespoons olive oil
3 cloves garlic, minced
Freshly ground black pepper
1 cup freshly grated Parmesan cheese
Chopped fresh chives

Nutrition Information:

CALORIES: 118 CALORIES; FAT: 9G;
CHOLESTEROL: 14MG; SODIUM:
401MG; CARBS: 4G; DIETARY FIBER: 1G;
PROTEIN: 5G; SUGARS: 1G

Directions:

Line a baking sheet with parchment paper or nonstick aluminum foil. Peel turnips and place in a pot of salted water to cover. Bring to a boil and cook 20 to 30 minutes or until turnips can be pierced easily with a paring knife. Drain. Preheat oven to 375 degrees. Let turnips cool slightly, then place them on a clean kitchen towel or double layer of paper towels. Gently press each one down until it's approximately ½-inch high. Let them drain for 15 minutes, then carefully flip them over onto a dry section of the towel or fresh paper towels so the other side drains and dries a bit. Place the flattened turnips on the lined baking sheet. Combine garlic, olive oil and salt and black pepper, to taste, in a small bowl, and then brush a little of the mixture onto each turnip. Sprinkle Parmesan cheese over each turnip, gently pressing it down. Carefully and quickly flip each turnip over, and then repeat with the remaining olive oil and garlic combination and cheese. Bake for 20 to 25 minutes. Flip each turnip and bake an additional 15 minutes. Garnish with chopped fresh chives and serve.

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