



# HEALTHY TODAY

## MAINTAINING MENTAL WELLNESS DURING THE HOLIDAYS

Most of the time when we think of the holiday season, we think of joy and good tidings. However for many, the holidays can bring stress, anxiety, or reminders of a lost loved one. When searching for tips to stay healthy during the holiday season, you might find hundreds of tips for healthy eating. But what about mental wellness? This holiday season, be sure to take some time for your mental well-being.

- ⇒ There are a lot of reasons to spend during the holidays. As tempting as it might be to spend big on your loved ones, be realistic about your financial well-being. Instead of maxing out your credit card, try using cash or debit for expenses, be honest with relatives about realistic expectations, and try making a gift!
- ⇒ During the holiday season it is easy to overindulge in food and alcohol while skimping on physical activity. Be practical about your indulgences to avoid feelings of regret or guilt later. If you want to eat a slice of pie or two have at it, and in return try to balance it out with a long walk afterwards. Not only will this make you feel better, but it will alleviate the guilt that comes with indulgence.
- ⇒ Often times we get so swept up in the holiday spirit that we forget many people are dealing with loss. If you know someone who is dealing with loss during the holidays, try to reach out and ask how you can help. If you are dealing with loss, spend time with people you trust and feel comfortable confiding in. A good tip is to acknowledge that this is a very hard time, but it is also a time to create new traditions. Perhaps you can commemorate that person by volunteering for an organization with a mission dear to their heart.

<https://www.mymentalhealth.ca/8-tips-for-mental-wellness-during-the-holidays/>

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)



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## ITALIAN ARTICHOKE GREEN BEAN CASSEROLE

**This year for the holidays, try this healthy, delicious twist on a classic green bean casserole!**

6 cups cut fresh green beans (about 1-1/2 pounds)  
1/3 cup olive oil  
1 medium onion, chopped  
2 garlic cloves, minced  
3 cans (14 ounces each) water-packed artichoke hearts, drained and chopped  
1/2 cup minced fresh parsley  
Pinch cayenne pepper  
Pinch pepper  
1 cup seasoned bread crumbs  
1 cup grated Parmesan cheese, divided

- ⇒ Preheat oven to 350°. In a large saucepan, bring 6 cups water to a boil. Add green beans; cook, uncovered, just until crisp-tender, 3-4 minutes. Drain and set aside.
- ⇒ In a 6-qt. stockpot, heat oil over medium heat. Add onion; cook and stir until tender, 3-4 minutes. Add garlic; cook 1 minute longer. Add beans, artichoke hearts, parsley, cayenne and pepper. Stir in bread crumbs and 3/4 cup cheese.
- ⇒ Transfer to a greased 11x7-in. baking dish. Sprinkle with remaining cheese. Bake until lightly browned, 25-30 minutes.
- ⇒ Nutrition Facts for 3/4 cup (recipe makes 10 servings): 207 calories, 10g fat (2g saturated fat), 7mg cholesterol, 616mg sodium, 22g carbohydrate (3g sugars, 2g fiber), 8g protein.

<https://www.tasteofhome.com/recipes/italian-artichoke-green-bean-casserole/>



## SPICED ACORN SQUASH

Short on time this holiday season? Fix this flavorful side dish in the slow cooker!

1/4 cup packed brown sugar  
1 teaspoon ground cinnamon  
1 teaspoon ground nutmeg  
2 small acorn squash, halved and seeded  
3/4 cup raisins  
4 tsp butter  
1/2 cup water



In a small bowl, mix brown sugar, cinnamon and nutmeg; spoon into squash halves. Sprinkle with raisins. Top each with 1 tablespoon butter. Wrap each half individually in heavy-duty foil, sealing tightly. Pour water into a 5-qt. slow cooker. Place squash in slow cooker, cut side up (packets may be stacked). Cook, covered, on high 3-1/2 to 4 hours or until squash is tender. Open foil carefully to allow steam to escape.

<https://www.tasteofhome.com/recipes/spiced-acorn-squash/>

# Mental Health & the Holidays

A few things to keep in mind.

## FEELING DOWN?

1 in 3 Americans feel sad or lonely during the holidays. Just know it's normal and you're not alone.

## It's Okay to SAY "NO"

Keeping commitments manageable helps keep unnecessary stress at bay.

## CONTROL WHAT YOU CAN

Things may not always go as planned. Try to stay focused only on what you CAN fix.

## CHOOSE WISELY

If you know Aunt Mary's get-togethers always stress you out, politely decline and do something else that brings you JOY!

## RANDOM ACTS OF KINDNESS

Committing small, random acts of kindness can actually make you feel happier. This can be something as simple as letting a car in front of you while stuck in traffic, paying for someone's coffee, or giving someone a compliment. This holiday season, get in the spirit by doing something small but kind for a stranger, friend, co-worker or family member. You might be surprised how good you feel afterwards!

# NUTRITION BITES!

## AVOID HOLIDAY WEIGHT GAIN

Holiday weight gain is a common concern for many adults. Various seasonal holidays may encourage overeating, sedentary behavior, and consumption of calorie-rich foods. In fact, between mid-November and mid-January, adults in Western societies gain an average of 1 pound. This may not seem like a lot, but most people don't lose this extra baggage. Therefore, holidays — no matter the time of year — may be one of the biggest contributors to your total annual weight gain. That said, holiday weight gain is not inevitable. Here are tips to help you avoid weight gain during the holiday season.!

### Be Active with Family and Friends

⇒ Sedentary activities, such as sitting on the couch watching TV, are common holiday traditions for many families. Doing some type of physical activity with your family may prove beneficial for weight control. Even something as simple as a family walk can get your mind off food and allow you to bond with your loved ones.

### Snack Wisely

⇒ During the holiday season, unhealthy snacks like cookies and other goodies tend to be available for you to take as you please. When treats are easy to access, you're more likely to snack unnecessarily. At home, this problem can be solved by keeping treats out of sight. However, that strategy is more difficult to avoid in situations that you cannot control, such as at your workplace or a family party.

⇒ Try to be mindful of your snacking habits. If you find yourself munching just because there's food around — and not because you're hungry — it's best to avoid snacking altogether.

⇒ However, if you are hungry and need a snack, opt for real foods. Fruits, vegetables, nuts, and seeds are filling snacks that don't contain added sugars or unhealthy fats.

### Practice Mindful Eating

⇒ People are often in a rush during the holiday season, which frequently leads to multitasking during meals. Studies show that those who eat while distracted are more likely to overeat, because they're unable to pay attention to their body's fullness signals. To prevent this, eat mindfully and minimize distractions — including work and electronics.

⇒ Try to chew slowly and thoroughly, which will allow you to better recognize your body's fullness signals and consume fewer calories. It can also be helpful to take a few deep breaths before you start eating. This can induce relaxation and help you keep your full attention on your plate, rather than your to-do list.

# Delicious & Nutritious

## WILD RICE BREAD WITH SUNFLOWER SEEDS

This delicious, whole grain bread is wonderful by itself or to make into stuffing!

- 2 packages (1/4 ounce each) active dry yeast
- 1 cup warm water (110° to 115°)
- 1 package (8.8 ounces) ready-to-serve long grain and wild rice
- 1 cup plus 1 tablespoon unsalted sunflower kernels, divided
- 1 cup warm fat-free milk (110° to 115°)
- 1/3 cup honey or molasses
- 1/4 cup butter, softened
- 2 tablespoons ground flaxseed
- 2 teaspoons salt
- 3 cups whole wheat flour
- 2-3/4 to 3-1/4 cups all-purpose flour
- 1 large egg white, lightly beaten
- 1 tablespoon toasted wheat germ



- ⇒ In a small bowl, dissolve yeast in warm water. In a large bowl, combine rice, 1 cup sunflower kernels, milk, honey, butter, flaxseed, salt, yeast mixture, whole wheat flour and 1 cup all-purpose flour; beat on medium speed until combined. Stir in enough remaining flour to form a stiff dough (dough will be sticky).
- ⇒ Turn dough onto a floured surface; knead until elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and let rise in a warm place until doubled, about 1-1/4 hours.
- ⇒ Punch down dough. Turn onto a lightly floured surface; divide in half. Roll each half into a 12x8-in. rectangle. Roll up jelly-roll style, starting with a short side; pinch seam and ends to seal. Place each in a 9x5-in. loaf pan coated with cooking spray, seam side down.
- ⇒ Cover with kitchen towels; let rise in a warm place until almost doubled, about 45 minutes. Preheat oven to 375°.
- ⇒ Brush loaves with egg white; sprinkle with remaining sunflower kernels and wheat germ. Bake 35-45 minutes or until dark golden brown. Cool in pans 5 minutes. Remove to a wire rack to cool.
- ⇒ Nutrition Facts for 1 slice: 142 calories, 4g fat (1g saturated fat), 4mg cholesterol, 205mg sodium, 23g carbohydrate (4g sugars, 2g fiber), 4g protein.

<https://www.tasteofhome.com/recipes/wild-rice-bread-with-sunflower-seeds/>

## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Our Health Centers

#### Appointment Line:

**937-461-6869**

Hours: Mon-Fri 7:30am-5:30pm

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45403 Phone: 937-528-6850

#### Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

### Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)

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