

A monthly wellness newsletter from Better You

The secret to stress-free holidays

Planning is your secret stress buster! Embrace the unexpected, be ready for imperfections, and take deep breaths when things go off course. Plus, sprinkle some humor into the mix for good measure. Laughter can often turn tense moments into joyful ones.

Here are 5 more tips to help you enjoy your holiday season.

- 1. Plan family time and activities.** The holidays often pull us in many directions between family, friends, coworkers, and events. Rally with your family and friends to see what activities you can enjoy together. Choose lunch at a restaurant, or a plan a potluck meal where everyone brings a dish.
- 2. Say no.** If you find yourself giving up sleep or exercise time to accommodate holiday activities, take a step back. It's okay to say no. Assess what's truly essential for your day or week to go smoothly. Consider a new tradition of celebrating before or after the holidays.



For example, choose the first weekend in December for a family get together. Make it a unique date that doesn't interfere with other holiday plans.

- 3. Stick to your budget.** Focus on the joy of giving rather than how much you spend. Some of the best memories come from spending time with loved ones, not from expensive gifts. Bake together, volunteer, make a craft, or do a fun activity.
- 4. Keep those healthy habits.** If your day starts with a walk or a gym workout, don't let the holidays interfere with your routine. Your body

and mind will thank you! The endorphins you release during exercise will be your secret weapon against holiday chaos. Get the whole family moving with activities like hiking, biking, or walking — it's quality time!

- 5. Embrace differences.** Since many families celebrate more than one holiday towards the end of the year, why not focus on activities or foods everyone can enjoy? Time spent sharing common interests is a great way to nurture respect within your family and your extended circle.

Resource: [MayoClinic.org](https://www.mayoclinic.org)

Living with type 2 diabetes

Every year, 1.4 million Americans are diagnosed with diabetes.¹ But here is the good news – type 2 diabetes mellitus is a condition we have the power to prevent or delay. Your choices today can have a huge influence on the future of this chronic condition. It starts by embracing a healthier lifestyle.

Begin with getting up and moving, dedicating just 20 to 25 minutes each day for 150 minutes of physical activity per week. Exercise can enhance your body's sensitivity to insulin, a key ally in managing diabetes. When it comes to nutrition, opt for smaller portions and embrace the world



of whole, nutrient dense foods – fruits, vegetables, and lean proteins.

Stay connected with your doctor and take your medication as prescribed. Regular checkups and blood sugar tests help manage your diabetes. Pay attention to what stresses you — stress can cause your blood sugar to soar or drop unexpectedly. Incorporate stress-busting techniques into your day such as taking a walk,

deep breathing or joining a support group.

Practice self-care by checking your skin for cuts, bruises, blisters, abrasions, or swelling. Your journey may not be easy, but remember, you're the captain of your health ship. Take it one day at a time, making those small positive changes that will set you on a course toward a happy, healthier life.

Resource: [1Diabetes.org](https://www.diabetes.org)

Cucumber and Avocado Wrap (Serves 1)

Ingredients:

- 2 tablespoons mayonnaise
- 2 teaspoons rice vinegar
- 1 teaspoon Sriracha or more to taste
- ¼ teaspoon garlic powder
- 1 8-inch whole wheat tortilla
- ¼ large avocado, sliced
- ½ cup thinly sliced and quartered cucumber
- ⅓ cup coarsely chopped arugula
- ¼ cup chopped red bell pepper

Directions:

Stir mayonnaise, vinegar, Sriracha and garlic powder together in a small bowl. Lay tortilla on a clean work surface. Spread the mayonnaise mixture on the tortilla. Layer avocado slices on the lower third of the tortilla. Top the avocado with cucumber, arugula, and bell pepper; roll up. Cut in half before serving.



Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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