

A monthly wellness newsletter from Better You

Tips for a joyful and balanced holiday season

The holiday season is a magical time of year, filled with love, laughter, and of course, delicious food. But with all the hustle and bustle, it's easy to forget to take care of ourselves. This year let's be mindful to prioritize our health and well-being, while still enjoying all the festive fun, including the holiday food.

Focus on what matters

Take a moment to think about what truly matters to you during the holidays. Is it spending time with loved ones, trying new recipes, or simply enjoying the twinkling lights and cozy atmosphere? By focusing on what's truly important, you'll feel more in control and at peace, even amidst the chaos.

Healthy eating tips for the holidays

This is a time when delicious treats and traditional dishes are abundant, but it's also a time when healthy eating habits can be challenging to maintain. Traditional holiday foods are often high in calories, sugar, and unhealthy ingredients. However, with a little

bit of planning, you can enjoy your once-a-year favorites and still stay healthy during the holidays. Here are six tips to help you eat mindfully over the holidays:

- **Bring a healthy dish to share.** When you're invited to a gathering, bring a nutritious dish to share with others. This way, you'll have a healthy option to choose from, and you can feel good about what you're eating.
- **Sparkling water with a twist.** Instead of sugary drinks, try sparkling water with fruit or herbs. This saves calories and helps with hydration.
- **Use a smaller plate.** Research shows that when we eat from smaller dishes, we tend to feel full and satisfied sooner. Give it a try!
- **Sample and savor.** Try a variety of foods but take small bites and savor each one. This will help you enjoy the flavors and textures without overeating.
- **Eat before you go.** Have a light meal or snack before



heading to a party to avoid overeating. When we delay eating, it can lead to overeating and the feelings that come with it.

- **Get enough rest.** Prioritize your time and get enough rest so you can enjoy the season without stress.

Remember, it's about balance

The holiday season is a time to connect with loved ones and enjoy some of our favorite foods. By being mindful of your eating habits, you can stay healthy, happy, and focused on what truly matters. Don't be too hard on yourself if you indulge a little – it's all about balance and enjoying the season in a way that feels joyful and sustainable to you.

Happy holidays, and happy healthy eating!

Resources: [NIH.gov](https://www.nih.gov); [MyPlate.gov](https://www.myplate.gov)

IN THIS ISSUE

Tips for a joyful and balanced holiday season

Try something new this holiday season

Recipe of the month

Try something new this holiday season

As the holiday season approaches, many of us tend to fall into familiar patterns of decorating, cooking, baking, and participating in the same activities year after year.

If you feel like changing things up this year, here are a few ideas to get you started:

- **Get active.** Try a new holiday activity, like sledding, ice skating, or a festive hike. Invite friends and family to join in on the fun.
- **Take a cooking class.** Learn how to make a new holiday dish or treat. You'll challenge yourself in a fun way and get
- to share your creations with loved ones.
- **Volunteer.** Give back to your community by volunteering at a local soup kitchen, toy drive, nursing home, or other organization. It's a great way to help others and feel good about yourself.
- **Host a get-together.** Invite friends and family over for a potluck, host a painting or craft afternoon with friends, or a sing-along evening with loved ones. It's a great way to make new memories and have fun with the people you care about.



Make this holiday season your own

Trying new experiences can be a great way to break up your routine and create lasting memories. You might discover a hobby that brings you joy, make new friends, or find a way to make a positive impact in your community.

Resource: www.Psychologytoday.com

Healthy Cauliflower Rice (Serves 4)

Ingredients:

- 1 large head cauliflower, separated in to 1-inch florets
- 3 tablespoons olive oil
- 1 medium onion, finely diced
- Kosher salt
- 2 tablespoons fresh parsley leaves, finely chopped
- Juice of ½ a lemon

Directions:

Trim the cauliflower florets, cutting away as much stem as possible. In 3

batches, break up the florets into a food processor and pulse until the mixture resembles couscous.

Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions and stir to coat. Continue cooking, stirring frequently until the onions are golden brown at the edges and have softened, about 8 minutes. Add the cauliflower and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring



frequently until cauliflower has softened, 3 to 5 minutes. Remove from heat.

Spoon the cauliflower into a large serving bowl, garnish with parsley, sprinkle with the lemon juice and season to taste with salt. Serve warm.

Recipe courtesy of Foodnetwork.com; for nutritional information click [here](#).

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