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Take 5 This Holiday Season

In my business, Halloween officially kicks off the holiday season. The abundance of candy combined with the time change seems to usher in feelings of discomfort and stress rather than glad tidings. Are you already feeling overwhelmed, overfed, and overtired? Too much to do, too much to buy, too little time? This season's edition of *Nutrition Nibbles* gives you 5 quick tips for enjoying the holidays while enhancing your health and wellbeing, all without over-burdening your to do list.

- 1. First off, take 5 minutes to envision your holiday season from now through the New Year.** What activities would you like to enjoy? What would you be happy skipping? Who do you want to connect with? What traditions would you like to keep? Pencil in and mark off all this on your calendar. Be content that you have designed your time to reflect what and who you value most.
- 2. Prioritize yourself.** Don't lose yourself in the hustle and bustle of all things holiday-related. How can you get a little more rest, stay hydrated, move your body, and eat well? Pull out that calendar again and schedule some non-negotiable time for taking care of you.
- 3. Just pick 2; two goals to tackle that is.** If carried out consistently, what two actions would you feel proud of at the end of the season? Be very specific and make sure they're measurable (something you can track or scratch off your to do list). Some examples include starting each meal with a fruit or vegetable, making a pact not to eat any food that wanders into the workplace (Halloween candy, donuts, etc), or taking one exercise class each week.
- 4. Choose 5 healthy, holiday recipes to try this season.** This suggestion is one of my favorites (of course, I'm a dietitian!) Chances are you have been invited to potlucks, parties, and cookie exchanges. These fun social events do not have to be diet disasters. Check out some of my favorite sites (www.cookinglight.com and www.eatingwell.com) for lighter but just-as-tasty alternatives. Your lips and hips will thank you!
- 5. Take 5 deep breaths.** Every time you start to feel anxious and overwhelmed, pause and take 5 deep breaths. Your mind will sharpen, your shoulders will drop and you will feel ready to tackle the project at hand.

Use these 5 ideas to keep on the path to wellbeing over the next two months. Remember, you are worth taking care of during the holiday hustle and bustle. Making time to do even some of these things throughout the season will ensure you are on a healthier track into the New Year.

Questions or Comments? Email me at
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