

NOVEMBER
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Beat holiday anxiety

The holidays can be a stressful time, especially for those with social anxiety. Remember, it's okay to take breaks from social situations. Prioritize your mental health and seek professional help if needed. Here are some strategies to enjoy the season.

- **Set realistic expectations.** Don't feel pressured to attend every event. It's okay to decline invitations if you're feeling overwhelmed.
- **Practice self-care.** Prioritize sleep, healthy eating, and relaxation techniques like meditation or deep breathing.
- **Build a support system.** Talk to friends, family, or a therapist about your anxiety. Their understanding can be invaluable.
- **Limit Alcohol.** While it might seem tempting, excessive alcohol can worsen anxiety symptoms.
- **Create a safe space.** If possible, bring a trusted friend or family member to social gatherings for added comfort.
- **Focus on the present.** Ground yourself in the moment by practicing mindfulness. This can help reduce anxious thoughts.

Preventing diabetes complications

Diabetes is a chronic condition that requires careful management to prevent serious complications. By working closely with your healthcare team and getting the recommended health screenings, you can take proactive steps to manage diabetes effectively and improve your quality of life.



ESSENTIAL SCREENINGS

- **A1C test:** This blood test measures average blood sugar levels over the past two to three months. It helps monitor diabetes control and adjust treatment as needed.
- **Blood pressure checks:** Regular blood pressure checks are important for monitoring and managing this condition.
- **Cholesterol tests:** High cholesterol levels increase the risk of heart disease, a common complication of diabetes.
- **Foot exams:** People with diabetes are at increased risk of foot problems like ulcers and infections. Foot exams done yearly or more often by a podiatrist can help detect and prevent serious problems.
- **Dilated eye exams:** Diabetes can damage blood vessels in the retina, leading to diabetic retinopathy. Regular eye exams by an ophthalmologist can help detect and treat this condition before it causes vision loss.
- **Kidney function tests:** Diabetes can damage the kidneys. Regular blood and urine tests can check kidney function and detect early signs of kidney disease.
- **Dental checkups:** People with diabetes are more prone to gum disease. Regular dental checkups and good oral hygiene are essential for preventing dental problems.



ADDITIONAL SCREENINGS

In addition to the essential screenings, your doctor may recommend other screenings based on your personal risk factors.

- **Celiac disease screening:** People with type 1 diabetes are more likely to have celiac disease, an autoimmune disorder that affects the small intestine. A blood test can help diagnose celiac disease.
- **Hepatitis C screening:** People with diabetes are also at increased risk of hepatitis C, a liver infection. A blood test can screen for hepatitis C.
- **Hearing tests:** Diabetes can increase the risk of hearing loss. Regular hearing tests can help detect hearing problems early on.
- **Mental health screenings:** People with diabetes are more likely to experience depression and anxiety. Mental health screenings can help identify and address these conditions.

Healthy feasts

Family gatherings are a time for connection and shared experiences. Enjoy a variety of foods, focus on whole grains, fruits, and vegetables, and don't forget to have fun! For more recipes and healthy eating tips, visit [MyPlate.gov](https://www.MyPlate.gov).



PLANNING

- **Variety is key:** Incorporate all food groups - fruits, vegetables, grains, protein, and dairy - for a well-rounded meal that caters to different tastes and dietary needs.
- **Think bite-sized:** Skewers, wraps, and bite-sized appetizers are easy to grab and socialize with, encouraging smaller portions throughout the gathering.
- **Prep is your friend:** Pre-chopping veggies, marinating proteins, or prepping sides in advance helps minimize stress when guests arrive.

MENU INSPIRATION



MAIN COURSES

- **Sheet-pan wonders:** Toss salmon fillets with colorful vegetables like asparagus and bell peppers on a baking sheet, drizzle with olive oil and herbs, and bake for a fuss-free and flavorful meal.
- **Taco fiesta:** Opt for lean ground turkey or shredded chicken. Serve with whole-wheat tortillas, a variety of chopped veggies (think salsa!), and a dollop of Greek yogurt for a lighter take on a classic.



SIDES

- **Rainbow salad:** Combine a mix of colorful leafy greens, chopped cucumber, cherry tomatoes, and crumbled feta cheese. Dress with a simple vinaigrette made with olive oil and vinegar.
- **Quinoa bowl:** Cooked quinoa provides a complete protein, making it a great base for roasted vegetables like broccoli and chickpeas. Drizzle with a lemon tahini sauce for a bit of tangy flavor.



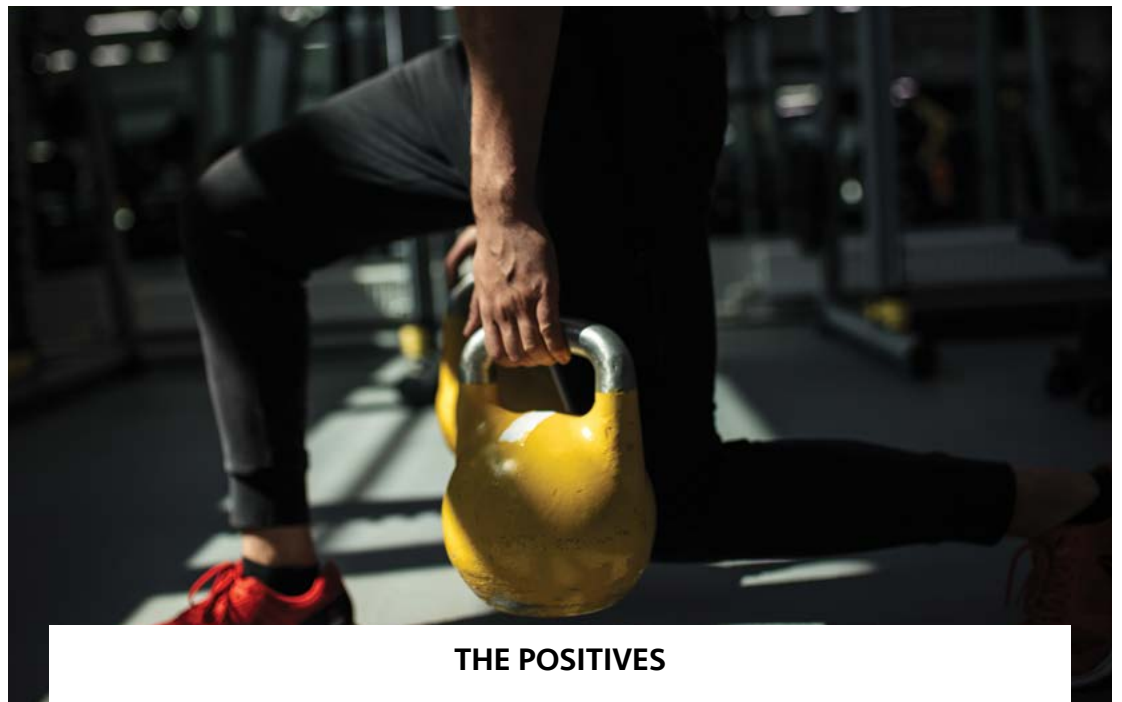
DESSERT

- **Fruit salad with a twist:** Ditch the heavy creams and opt for a refreshing fruit salad with a dollop of low-fat yogurt or a drizzle of honey for sweetness. This naturally sweet treat is perfect for a hot summer day in the backyard.
- **Baked apples with cinnamon:** Core apples and fill them with a mixture of chopped walnuts or pecans, raisins, and a touch of honey. Bake until tender for a warm and comforting dessert option.



New fitness favorite

With a variety of exercises and weights to choose from, kettlebells can be a valuable addition to your fitness journey. These versatile weights offer a range of benefits for all fitness levels.



THE POSITIVES

- Kettlebells engage multiple muscle groups simultaneously, providing a comprehensive workout that sculpts your entire body.
- Combining elements of cardiovascular exercise and strength training, kettlebell workouts elevate your heart rate while building muscle.
- Kettlebell exercises inherently engage your core muscles, leading to enhanced stability, balance, and overall body control. A strong core is essential for performing daily activities and preventing injuries.
- Compact and portable, kettlebells are perfect for home workouts or on-the-go fitness enthusiasts. There's no need for bulky equipment or crowded gyms. Simply grab your kettlebell and get started anywhere.

