

Winter 2018 - 2019

Healthy Carroll Families



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The Partnership
for a Healthier Carroll County



Welcome to Healthy Carroll Families for Winter 2018 - 2019.

Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family-based approach to healthy living.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials may also be downloaded for free from our website, **HealthyCarroll.org**.

Please call or email me any questions, feedback, or suggestions you may have about Healthy Carroll Families. I look forward to hearing from you.

Skyla Ertter
Community Health Improvement Areas Specialist
Advancing Health and Wellness Leadership Team
sertter@carrollhospitalcenter.org
410-871-7648

535 Old Westminster Pike, Suite 102
Westminster, MD 21157

Telephone: (410) 871-7645
Fax: (410) 871-6325

www.HealthyCarroll.org

During the holidays it can become overwhelming trying to juggle holiday parties, gift shopping, and visiting family and friends. Making time to care for your mental health is critical to living a healthy life. Taking care of your mental health with physical activity, nutrition, stress management, and time management can make all holiday activities more enjoyable.



ENJOY THE HOLIDAYS... DON'T STRESS OVER THEM!

Long-term stress impacts mental and physical health. It is important to know how to avoid and manage stress, especially during busy holidays. You're more susceptible to stress when you're not eating well, not getting enough exercise or sleep, or experiencing a major life change such as moving, dealing with the death of a loved one, getting married, or having a child. You may be under even more stress if you don't have a reliable support system. Strategies to help manage stress like meditation, yoga, and breathing exercises can help. Learn to recognize the symptoms of stress - and take steps to fight it. Always talk to your doctor about concerns you may have.



HAVE A HOLLY JOLLY WORKOUT!

Physical activity is important for both physical and mental health. Physical activity can lower the risk of depression and improve cognitive thinking, mood, energy levels, sleep, stress relief, social interaction, brain function, mental alertness, and self-esteem. Even a small amount of exercise can have benefits. According to The Anxiety and Depression Association of America, just as little as 5 minutes of aerobic exercise can reduce tension and anxiety.

For adults, The U.S. Department of Health and Human Services recommends the average adults should participate in 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity per week. Children and adolescents should get 1 hour or more of physical activity daily. During the holidays it can be difficult to find time to participate in physical activity. Adding exercise into your holiday routine can be as simple as doing mini squats or slow calf raises while waiting for breakfast, lunch, or dinner to cook.

Sources

www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html

www.cdc.gov/physicalactivity/basics/pa-health/index.htm



HOLIDAY EXERCISE TIPS

- Take the stairs instead of using the elevator.
- Park further away from the store entrance.
- Play in the snow. (build a snowman)
- Go Ice skating.
- Go skiing or snowboarding with your family or friends.
- Practice yoga when the kids go to sleep.

TryVent
GET IN MOTION

Join us

Try Multiple Fun
Fitness Classes!

Raffle · Give-a-ways

Saturday, Jan. 26th

Snow Date: Feb 2nd
9:30 a.m. to 12:00 p.m.
TownMall of Westminster
Center Court



TIME MANAGEMENT STRATEGIES

- Plan ahead
- Write a list of what needs to get done
- Prioritize the list
- Do the most “stressful” task first
- Take care of the tasks with a deadline sooner rather than later
- Do not procrastinate
- Allow room for flexibility
- Do not over-commit
- Learn to say no

Source: www.amherst.edu/campuslife/health-safety-wellness/counseling/wellness/self-care-and-stress-reduction/time-management

SEASON'S EATINGS!



Nutrition plays a key role in both physical and mental health. Receiving proper nutrients and focusing on healthy dietary patterns can improve brain development and assists the transfer of information from the brain to other parts of the body. Diets high in sugar and processed foods, can increase the risk of mood disorders such as depression and cause harm to the brain. During the holidays it can be difficult to stay away from sugary sweets. Make sure to enjoy them in moderation.

While focusing on well-balanced meals, don't forget to stay hydrated. The human brain is composed of about 73 percent water. If you're not consuming enough water, dehydration can decrease your concentration levels and increase confusion. The average person should consume 8 glasses of water per day.

Certain nutrients are known to help control stress and contribute to optimal mental health. Talk to your doctor to make sure you're getting enough nutrients through your daily diet.

NUTRIENTS THAT WILL LIGHTEN YOUR MOOD

- **Lycopene** (Tomatoes, Asparagus, Watermelon)
- **Vitamin A** (Spinach, Sweet Potatoes, Carrots)
- **Beta carotene** (Winter Squash, Kale, Cantaloupe)
- **Vitamin C** (Oranges, Grapefruit, Mangos)
- **Omega 3 fatty acids** (Salmon, Olive Oil, Chia Seeds)
- **Vitamin E** (Almonds, Peanuts, Hazelnuts)
- **Fiber** (Beans, Whole Wheat Bread, Broccoli)

Sources: www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626 and www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx

BAKED CHICKEN FAJITAS

Ingredients

- 1.33 lbs boneless skinless chicken breast, cut into strips
- 14 oz can diced tomatoes with green chiles
- 1 onion, sliced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 cup mushrooms
- 2 tsp vegetable oil (or olive oil)
- 1 1/2 tsp chili powder
- 1 1/2 tsp cumin
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried oregano
- 1/4 tsp salt

Directions

1. Preheat the oven to 400 degrees.
2. Add everything to a greased glass baking dish and toss together.
3. Bake for 25-30 minutes until chicken is cooked through.

Serving Suggestions

- Flour tortillas, salsa, cheese, and avocado
- Low carb wrap with cheese for a quick quesadilla
- Over rice, cauliflower rice, or wrapped up in lettuce

Nutrition information/serving: 1 cup; Calories 226; Carbohydrate 12 grams; Protein 35grams; Fat 4 grams; Fiber 2 grams.

Recipe source: www.slenderkitchen.com/recipe/baked-chicken-fajitas

