

Winter 2022/2023

Healthy Carroll Families



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The Partnership
for a Healthier Carroll County



Welcome to Healthy Carroll Families for Winter 2022/20223. 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 The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families. We look forward to hearing from you.

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This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

Stay Well this Winter

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose, or mouth.

STAY ACTIVE IN COLD WEATHER

Try these outdoor activities:

- Brisk walking or hiking
- Jogging or running
- Raking leaves
- Shoveling snow
- Ice skating
- Sledding
- Cross-country skiing
- Snowshoeing

Try these indoor activities:

- Home workout circuit
- Dancing
- Active housework like vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio, or community center





Have a Jolly Holiday

4 Mindful Tips to De-Stress

1. Accept Imperfection

As we gear up for the holidays, we often set the bar impossibly high for ourselves and then feel upset when our celebrations don't live up to expectations. It's OK if it's not perfect. Imperfection is healthy and normal.

2. Don't Lose Sight of What Really Counts

With long lines and nasty traffic, the holidays can get hectic. When overwhelmed by the hustle and bustle, ask yourself: Where does this fit in the grand scheme of things? Can I use this moment of frustration as an opportunity to reflect? Even if this moment seems stressful, can I find a way to make it pleasant?

3. Respond with Kindness

You can't change how others act during the stresses of the holiday season, but you can change how you respond to situations.

4. Rethink Your Resolutions

Start small. Be kind to yourself.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/4-mindful-tips-to-destress-this-holiday-season>

5 Tips for

WINTER WELLNESS

1

Extra Sleep

Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.



2

Exercise Outside

Bundle up, and take a walk. A 15 minute walk can make a difference. Exercise naturally supports a healthy mood and energy level.



3

Stay Social

Make a date with friends or a family member at least once a week to keep spirits high.



4

Eat Protein

Eat protein at each meal. Protein helps keep blood sugar levels stable, and can reduce sugar cravings.



5

Fruits & Veggies

Focus on fruits and vegetables. It's more important than ever during the winter to get a wide variety of fruits and vegetables every single day.



<https://www.afoodiestaysfit.com/5-tips-for-winter-wellness/>



SLEEP TIPS FOR YOUR FAMILIES MENTAL HEALTH



Sleeping Routines

- Consider eating a light snack containing a protein and a complex carbohydrate within 2 hours before bed.
- Take a warm bath or shower within an hour before bedtime.
- Make it routine. Head to bed at the same time daily. Staying up late or sleeping in can shift your sleep schedule to make you "jet-lagged" even at home.
- Read something soothing, reassuring, or inspiring.
- Manage your stress constructively. Practice mediation, mindfulness, progressive muscle relaxation, guided imagery, or other relaxing stress management techniques.
- Keep a journal. Write down or record any worries, anger, irritations, or other negative perceptions. Get them out of your head, set them aside, and let them wait until tomorrow. Write down or record a list of things you appreciate or for which you are grateful.
- Expose yourself to bright light in the morning; this helps set your biological clock so you'll be tired in the evening. Avoid bright lights before bed.
- Exercise during the day. Yoga or other slow, meditative exercises may be helpful in the afternoon or evening.
- Check with your doctor. Make sure you can breathe easily at night; congestions and obstructions to breathing reduce restful sleep. If you snore, ask your doctor to check for obstructive sleep apnea. If you have a painful or itchy condition, discuss optimal management with your health professionals.



Sleeping Environment

- Get comfy.
- Remove distractions. Take the TV and mobile devices out of the bedroom.
- Use the bed only for sleep, not for TV, reading, working, using a smartphone or tablet, or playing electronic games.
- Listen to relaxing music, sound from nature.
- Darker is better. Darkness promotes sleep and healthy levels of melatonin, an important hormone that regulates sleep and wakefulness.
- Keep it cool. Cooler room temperatures promote sleep and reduce perspiration, discomfort, and itching.

What to Avoid

- Avoid alcohol within 4 hours before bedtime.
- Avoid caffeine 4 to 6 hours before bedtime.
- Avoid heavy or spicy foods 4 hours before bedtime.
- Avoid strenuous exercise within 2 hours of bedtime.
- Avoid stimulating TV, use of mobile devices and electronic games, and arguments within an hour of bedtime.
- If you can't fall asleep within 20 minutes, get out of bed, leave the bedroom, and try one of these strategies—snack, warm bath, soothing music, inspiring book, making a list or jotting in a diary.



Family Fun Ideas For Valentine's Day

- Candlelight dinner. Pull out all the stops- we can have a romantic dinner with our entire family, just keep your sense of humor handy. Have the kids dress in their best, fix their hair and allow them to drink out of wine glasses. Any food looks great by candle light-make it as fancy or as simple as you want.
- Make cookies or Valentine treats and give them away. There are some seriously cute treat boxes that you can get and bless friends and neighbors with.
- Family Game Night. Kids love to play games, particularly with adults.
- Have a movie night. Movie nights are fun! Pop some popcorn, lay on blankets and watch a fun movie.
- Slide Show. How often do we actually sit and watch home movies or look through family photos? Spend the evening remember events together.
- Write them a letter. If they are old enough to read being able to read your handwritten note about how much you love them, and how proud you are of them (and all the reasons why) is a very special gift.
- Go Media Free! Be Present, keep that phone off so you don't get distracted.

Source: 10 Family Fun Ideas For Valentine's Day - Nourishing Minimalism



HEALTHY WINTER SNACK

To make your Healthy Snowman Snack you will need:

- A rice cake or large plain round cracker
- Cream cheese
- Raisins
- Red & orange pepper (or use a piece of carrot, some apple or other fruit and vegetables that your kids like)

To assemble your snowman snack:

Spread your cream cheese and add your snowman features! Maybe you can get even more creative and create different characters and faces? A simple and fun snack idea that the kids will love to make!

What other variations can you think of? Maybe you can make a simple polar bear face? Or white owl snack? Let your imagination run wild!

Source: www.redtedart.com/healthy-snowman-snack/

SPOT-A-STROKE STOP-A-STROKE SAVE-A-LIFE

B**BALANCE**

Does the person have a sudden loss of balance or coordination?

E**EYE**

Is the person experiencing double vision or are they unable to see out of one eye?

F**FACE**

Ask the person to smile. Does one side of the face droop?

A**ARM**

Ask the person to raise both arms. Does one side drift downward?

S**SPEECH**

Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

T**TIME**

If you observe any of these signs, call 9-1-1 immediately.

Every second counts, call 9-1-1 right away.

Carroll County
Health Department



Public Health
Prevent. Promote. Protect.



The Partnership
for a Healthier Carroll County



**CARROLL
HOSPITAL**

A LifeBridge Health Center

CARE BRAVELY

FIRST DAY HIKE



FREE
EVENT

JANUARY 1, 2023

PINEY RUN PARK

30 MARTZ ROAD, SYKESVILLE, MD 21784

10:00 TO 11:30 A.M.

Start the new year off on the right foot with a
• naturalist led hike through Piney Run Park.
After the hike hot cocoa and tea will be served
around the wood stove in the nature center.

Fun for All Ages.

Preregistration is required.

<https://ccrec.recdesk.com/Community/Program>

Program: 23WG06.39

