NEWSLETTER wellness

BROUGHT TO YOU BY SUNY GENESEO'S EAP

The holiday season is upon us. Whatever this means for you, it probably includes increased stress, consumption of more food and less sleep! Take time to take care of yourself and not let the craziness overwhelm you.

Whatever you do this holiday season– try to make good food choices when you can and get plenty of rest.

Happy Holidays to You and Yours.

December 2010

Sleep is IMPORTANT, we all know that– here are a few ideas to help you rest better and therefore, rest easy!

Deepen zzz's with exercise. Deep, restorative sleep (called delta or slow-wave sleep) decreases in your late 40s, making nighttime awakenings more frequent. Working out more may help. Your muscles and tissues are repaired during slow-wave sleep. When you give your body more repair work to do thanks to increased physical exertion, it responds by stepping up the amount of slow-wave sleep you'll get. The type of exercise that's best for triggering slow-wave sleep isn't clear, but aim for 30 minutes of moderate aerobic activity on most days, suggests Wilfred R. Pigeon, Ph.D., director of the Sleep and Neurophysiology Research Lab at the University of Rochester Medical Center.

Finding the **JOY**...Timely tips for turning chaos into calm this holiday season.

1. **Keep it Real**– Modify your expectations. The more we expect of the holidays, the more likely we are to be disappointed.
2. **Tweak Traditions**– If holiday traditions put a strain on you financially or really drain you of energy or time– maybe it is time to think of a new spin on the old ways. Sometimes, doing a little very well is more enjoyable than trying to do everything– with too little (time, energy and money).
3. **Celebrate Without Guilt**– Be reasonable about food, calories, weight loss and maintenance during the holidays. You are most likely going to be surrounded by high calorie, high fat, enormous quantities of holiday food. Choose wisely, enjoy and be realistic.

Remember this holiday season, time well spent (including treating yourself to a nap) is what really matters!

The most wasted of all days is one without laughter.

e.e. cummings

Go! Slow! Whoa! Foods An Easy Reminder

In 2005, the U.S. National Heart, Lung, and Blood Institute (part of the National Institutes of Health) suggested kids start thinking about whether foods are Go foods, Slow foods, or Whoa foods. This can be useful information for adults, too!

Go Foods: These are foods that are good to eat almost anytime. They are the healthiest ones. Example: skim and low-fat milk.

Slow Foods: These are sometimes foods. They aren't off-limits, but they shouldn't be eaten every day. At most, eat them a couple of times a week. Example: waffles and pancakes.

Whoa Foods: These foods should make you say exactly that — Whoa! Should I eat that? Whoa foods are the least healthy. That's why Whoa foods are once-in-a-while foods. Example: French fries.

From: **U.S. National Heart, Lung, and Blood Institute.**

Managing Portion Sizes Is Easy with a Few Helpful Hints....

- A deck of cards is equal in size to a 3- to 4-ounce portion of meat, poultry, or fish. The palm of a small or average-size hand is about the same portion.
- The last joint of your thumb or a domino is about the size of a 1-ounce portion of cheese.
- A tennis ball is equal in size to a medium apple or orange.
- A medium-size closed fist or a baseball is about the size of a 1-cup measure of cereal, pasta, fruit, or vegetables.
- A handful of chips is equal to a 1-ounce serving.
- A computer mouse is equal in size to one medium potato

More info can be found at http://bit.ly/d6jymC

EAP

Need to speak to an EAP Coordinator?

Call the confidential phone line and leave a message.

Messages are checked at least once a day. **585.245.5740**

Your SUNY Geneseo EAP Coordinators are: Andrea Klein and Michelle Worden