

For many Americans, the Holidays are filled with family, friends, food, and...stress! Between entertaining, travel, and trying to keep those holiday pounds off, this time of year is packed with reasons to be stressed. If you're looking for a way to enjoy your holidays and keep your sanity, these tips can help you stay relaxed and stress-free from Thanksgiving through the new year.



Stress Busting Tips:

- build relaxation time into your day
- get outside for some fresh air and sunshine
 - laugh out loud
- do yoga, it combines stretching and deep breathing techniques
- play with your pet, or some one else's!
 - get moving! exercise releases mood-boosting hormones and gets your mind off the stress
- play an instrument, sing a song, or listen to music
- make sure you and your family get enough sleep every night



Beat Stress with Functional Food!

- Eat a healthy, well-balanced diet that includes vegetables, fruit, whole grains, lean meats, and dairy products
- Try some soothing Chamomile tea or a warm glass of milk to help you relax

Are you faster than a turkey?



Looking for a way to keep those holiday pounds at bay? Interested in helping the hungry in your community? Lace up your running (or walking) shoes and join a Thanksgiving charity race. Search for a Turkey Trot near you at www.active.com/running/turkeytrot/ and get in the (Thanks)giving mood!



National Diabetes Month

Exercise and a healthy diet are also useful tips for people with diabetes. November is National Diabetes Month, so this is a great time to make lifestyle changes to reduce your risk of diabetes or manage a pre-existing case. Some studies have indicated that high levels of stress may be linked to diabetes.



Move of the Month

*De-stress at your desk from self.com



Wrist Rolls

- close your hands into fists
- roll hands from the wrists, first to the right then to the left

Recipe of the Month

Kohlrabi and Ham Gratin

Ingredients:

- 3 pounds Kohlrabi (5-6 medium), trimmed, peeled, thinly sliced
- 1 1/3 cups Low-fat milk, divided
- 3 tablespoons All-purpose flour
- 1/2 cup Thinly sliced smoked ham, cut into strips
- 1/4 cup Shredded sharp Cheddar cheese
- 1/2 teaspoon Salt
- 1/4 teaspoon Freshly ground black or white pepper
- Pinch of freshly grated nutmeg
- 1/3 cup Fresh breadcrumbs, preferably whole-wheat

Preparation:

- Preheat oven to 400°F. Put a large pot of water on to boil. Coat a 1 1/2-quart gratin dish or similar-size shallow baking dish with cooking spray.
- Cook kohlrabi in the boiling water until tender, 20 to 25 minutes. Drain.
- Heat 1 cup milk in a small saucepan over medium heat until steaming. Whisk flour and the remaining 1/3 cup milk in a small bowl to make a smooth paste; stir into the hot milk and cook, whisking constantly, until the sauce bubbles and thickens, 2 to 3 minutes. Remove the pan from the heat and stir in ham and cheese. Season with salt, pepper and nutmeg.
- Distribute the cooked kohlrabi in the prepared dish. Pour the cheese sauce over the top, spreading evenly. Sprinkle with breadcrumbs.
- Bake the gratin until bubbling and golden on top, 30 to 40 minutes.

From: Mealsmatter.org

