



MSAD #1 Wellness News December 2008



Wellness Programs:

Massage Therapy – *Expanded!*

Where: PIHS Health Services Office
Contact Amanda Blade, LMT
Phone: 939-5430

Contact Danielle Soucy, LMT
Phone: 314-0810

Personal Fitness Trainer-*NEW!*

Contact Marie Waddell, Certified Fitness Trainer
Phone: 227-3610 or 764-8120
Email: marie.waddell@sad1.org

Fitness Center

Mon.-Fri.	5:00-7:30 AM 2:45-7:00 PM
Saturday	7:00-10:00 AM
Sunday	Closed
Vacations	7:00-10:00 AM
Holidays	Closed

Reducing Holiday Financial Stress

With the holidays approaching soon, many people begin to feel the financial stress of the season. You can lessen the anxiety you may feel during this time of the year by planning purchases in advance. Here are some tips to consider for a more enjoyable holiday season:

- Make a list of the people you will need to buy for and how much you plan to spend on each person.
- Determine how much in total you plan to spend.
- Try to avoid the temptation of paying for all of your purchases with a credit card when you do not have the money to pay it in total.
- Be wary with department store promotions. Offers of “buy now and pay later” sometimes have hidden clauses that allow interest to accrue.
- Be creative with your gifts. Try making homemade items or giving personalized gifts that offer your services for things such as an evening of free babysitting. Pay attention to return policies for items you purchased.
- A donation to a local charity may make more of a lasting impression than a store-bought gift.
- If you are hosting a family dinner, ask others to bring a dish.
- Keep your receipts in case you need to return something later.
- Avoid high-pressure sales tactics. Know what you are looking for before you enter a store.
- Search through clearance racks for sale items.
- Don't wait for the last minute to do your shopping.
- After the holiday season, start saving for the next one.

University of Missouri Extension

Wellness Committee Members

Erin Argraves, Lori Bates, Brian Cronin, Holly Johnson, Sheila Nemer, Deb Raymond, Marie Waddell, Mary White.

Holiday Stress

To the tune “Jingle Bells”... Dashing to the mall, in a run-down Chevrolet. Into debt we fall, for the 10th straight holiday. Bill and Bob and Kate, arrive on the next flight. Why can't they go to a Super 8 'stead of crashing here tonight?

Tips for coping...

- Stay out of holiday debt. Know your spending limit.
- Make a shopping list, and check it twice. Staying organized will help you avoid any oversights or last-minute panic. You will be less likely to make any impulse purchases you can't really afford.
- Avoid a relative meltdown. If everyone in your family gets along, consider yourself lucky. Holidays give great opportunities to spend time together. But if family is full of conflict and friction, the holidays can become a battlefield. Try to involve everyone in the planning and decision-making. When a couple of relatives insist on sniping at one another, take a walk or tidy up a distant room.
- Keep moving. Exercise is always a great stress reliever. Take a brisk walk around the neighborhood or slip away to the gym for a much needed break.
- Eat well and be merry. That fourth or fifth sugar cookie won't lift spirits. Healthy eating habits can be continued throughout the holiday season. Have a few healthy snacks throughout the day, especially before the Big Meal.
- Don't get too ambitious. Planning on an elaborate craft project? Keep in mind that a gingerbread mansion would be just as much fun in January. Don't hesitate to cut a seven-course holiday meal down to four courses. Ask for help with wrapping gifts.

Simplify the season...

- Take a moment to appreciate the simple things. Getting into the holiday spirit can be as easy as putting on nostalgic holiday tunes or making your favorite wintertime drink.
- Stay flexible. Try not to approach the holidays with a fixed vision of how everything should go. Ask other people what they really want to do and try to accommodate them.
- If you are traveling, give yourself plenty of time to get there. Whether on the road or in an airport, everyone is in the same predicament. Slow down, take a deep breath, and try to be courteous to those around you.
- Rein in your expectations. No holiday in the history of civilization has ever gone perfectly. Spills and squabbles and unwanted gifts are just a part of the season. Don't hold yourself or anyone else up to an unrealistic standard. Try to take it all in, relax, have fun, and remember that the holiday season only comes around once a year.

www.ahealthyme.com

Healthy Cooking and Eating

Check out these websites for the holiday season:

<http://www.tasteofhome.com/Healthy>

<http://www.foodnetwork.com/healthy-eating/index.html>

<http://www.mypyramid.gov/holiday-healthycooking.html>

http://www.eatingwell.com/recipes/collections/holiday_collection_1.html