

Breakroom Buzz

Three tips for mindful eating during the holidays



Holidays can be stressful. Emotions can be confused for hunger. Try these mindful eating tips to help prevent overindulgence and have plenty of energy throughout the holidays.

Reflect. Take the time to pay attention to your body to decide if you are hungry. One acronym to use is HALT. Ask yourself, Am I hungry? Angry? Lonely? Tired?



Slow down. Before getting up for a second helping wait 20 to 30 minutes. Talk to others at the table or drink some water. This allows time for your brain to catch up with your stomach and let you know when and if you are full.

Eat with all five senses. Take time to appreciate the food on your plate. Look at all the colors, smell the food with a deep breath, and take small bites to notice flavors, temperature, and textures.

Reduce stress this holiday season by spending time with family, friends, and less focus on calories and diets. Learn more about mindfulness and resilience by visiting extension.illinois.edu/health

Source: Lisa Peterson, Nutrition & Wellness Extension Educator



Remember to clean & sanitize counters!

Salmonella can last up to 32 hours on a surface

Visit go.illinois.edu/clean to learn more!

Red & Green Slaw

Makes 16 servings

- 5 cups shredded red cabbage, washed
- 1/2 cup dried cranberries
- 2 large Granny Smith apples, washed, and thinly sliced
- 1/3 cup walnuts

Dressing

- 1/4 cup apple cider vinegar
- 1 Tbsp. sugar
- 1 tsp. Dijon mustard
- 3 Tbsp. olive oil



Directions

1. Wash hands with soap and water. Mix apples, cabbage, cranberries, and walnuts in large bowl.
2. Combine vinegar, sugar, and Dijon mustard. While whisking, stir in olive oil.
3. Pour oil mixture over slaw. Cover and refrigerate for an hour. Enjoy!

Nutrition Facts (per serving): 80 calories, 4.5 grams fat, 10 milligrams sodium, 11 grams carbohydrate, 2 grams fiber, 1 gram protein

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SCAN ME!



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Managing stress during the holidays

Managing stress can help emotionally, physically, socially, and mentally. Here are a few coping strategies to get you started:



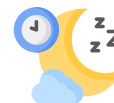
Time management



Physical Activity



Relax & Breathe



Quality Sleep



Talking to others

Writing or discussing experiences can positively impact one's health and immune system. Holding back thoughts and emotions can be stressful.

Resource: Tessa Hobbs-Curley, Family Life Educator; Michelle Grocke, Ph.D. Health & Wellness Specialist MSU. Health and Human Development & Montana State University Extension "Positive Ways to Manage Stress."



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