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November 2024

THIS EDITION FEATURES:

An Attitude of Gratitude

Tips for a Healthier, Happier Thanksgiving

Winning Options for Game Day Foods

Quit Tobacco with R.A.I.N.

The Gift of Less Debt

Workout without the Gym

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Independence

AN ATTITUDE OF GRATITUDE

Do you want to experience more happiness, love, and enthusiasm in your life? Start by being grateful.

When you practice gratitude, there is less room for emotions like envy, resentment, greed, and regret. But being grateful is not just about creating an optimistic frame of mind; it can also improve your psychological, financial, emotional, and physical well-being. Recent studies show that people who feel grateful are less likely to be depressed. They also tend to earn more money, sleep better, exercise more, and have greater resistance to viral infections.

Everyone can choose how they look at the world. One way to be grateful is to keep a journal and write down what you are thankful for each day.

Source:
mindful.org

You can express gratitude for many things, such as:

- Trying something new and loving it
- Laughing so hard you can hardly catch your breath
- The loyal, loving companionship of a pet
- Finding a good parking space
- Holding your child in your arms
- Fitting into your favorite clothes
- Hearing the words, "I love you"

By consciously focusing on gratitude, you can transform your perspective and enhance your overall well-being. Start today and notice the difference it can make in your life.

TIPS FOR A

HEALTHIER, HAPPIER THANKSGIVING

Thanksgiving is a day that tends to focus on food, but you can make your celebration healthier and happier by following these tips:

- Get a good night's sleep the night before.
- Drink water throughout the day.
- Snack on fresh vegetables and fruit.
- Limit your alcohol intake.
- Take a brisk walk outside after dinner.
- Connect with relatives you haven't seen in a while.

Thanksgiving is also a great time to begin a daily gratitude practice. Start or end your day by reflecting on the people, things, and experiences you are most thankful for.

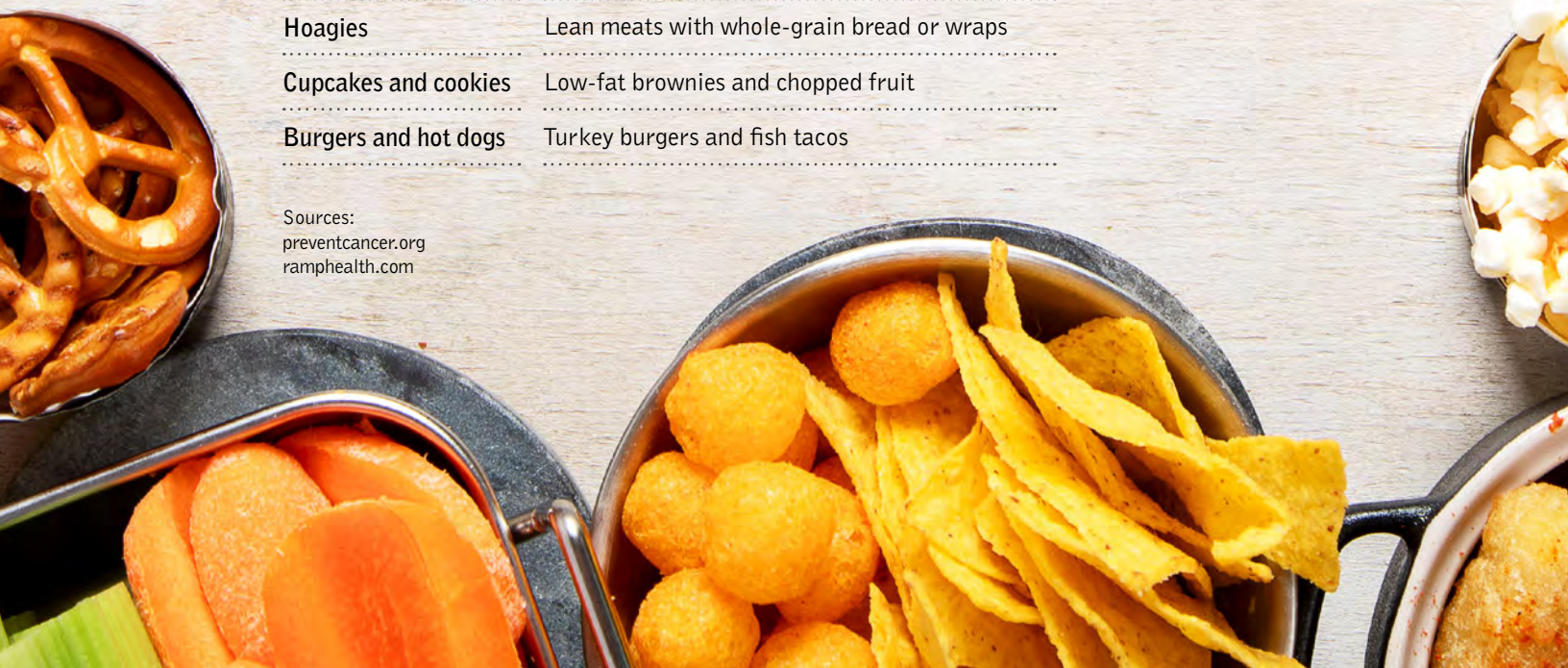
Sources:
heart.org
vida.com

Winning Options for Game Day Foods

Game day is a great way for friends and family to spend time together while cheering for the home team. But it can easily become a feeding frenzy. Skip the super-greasy foods, and try these healthier alternatives.

Instead of...	Try...
Chicken wings	Grilled chicken tenders coated in buffalo sauce with celery and carrots
Nachos	Black bean quesadillas
Potato chips	Air-popped popcorn
Cheesy dips	Salsa, hummus, or bean dip
Potato skins	Baked sweet potato fries
Hoagies	Lean meats with whole-grain bread or wraps
Cupcakes and cookies	Low-fat brownies and chopped fruit
Burgers and hot dogs	Turkey burgers and fish tacos

Sources:
preventcancer.org
ramphealth.com



RECIPE

Spicy Snack Mix

Ingredients

4 ½ cups corn, rice, or wheat cereal squares
½ cup mini pretzel twists or sticks
½ cup mixed nuts
2 tbsp olive oil
½ tbsp Worcestershire sauce
1 ½ – 2 tsp hot sauce
Black pepper and salt to taste

Optional seasonings
¼ tsp garlic powder
¼ tsp onion powder
⅛ tsp paprika

Directions

1. In a large, microwave-safe bowl, mix cereal, pretzels, and nuts.
2. In a small bowl, mix olive oil, Worcestershire sauce, hot sauce, and optional seasonings.
3. Pour small bowl ingredients over cereal mix, stirring until evenly coated. Taste and adjust seasoning as needed.
4. Microwave mixture uncovered for 5 to 6 minutes, stirring every 2 minutes.
5. Spread the mix onto a parchment paper-lined cookie sheet.
6. Once cool, remove from cookie sheet and store in an airtight container.

Snack mix can be stored in an airtight container for 3 weeks.

Source:
ramphealth.com

Quit Tobacco with R.A.I.N.

This year, the Great American Smokeout is November 21! If you are considering quitting tobacco, there's a 4-step practice of reprogramming your brain with RAIN:

- **Recognize.** Become aware of the habit by noting the triggers, behaviors, and perceived "rewards" of smoking.
- **Allow.** Lean into the sensations in your body that arise when you are smoking and not smoking.
- **Investigate.** Be curious about tobacco's taste, feel, and smell, as well as your emotions, thoughts, and cravings.
- **Nurture.** Stop, pausing to breathe slowly and deeply. Ask yourself, "What do I really need in this moment?" Answers could be human connection, rest, water, sleep, or quiet time. Then, nurture yourself with what your body and mind are really craving.

The American Cancer Society can offer more tips to help you quit, including tobacco cessation programs, resources, and support that can increase your chances of quitting successfully. To learn more, call 1-800-227-2345 or visit them online at cancer.org.

Source:
mindful.org/craving-to-quit

The Gift of Less Debt

According to a 2022 LendingTree holiday debt survey, 35% of U.S. shoppers took on debt to pay for their holiday purchases, down slightly from 36% in 2021. About 37% of respondents said it would take them at least five months to pay down their holiday debt.

Holiday overspending might feel good in the moment, but it can set you up for a new year filled with financial stress. The following tips can help you manage your holiday finances:

1. **Set a budget.** Figure out what you can afford to spend before you buy anything.
2. **Shop early.** Save on rush shipping fees and last-minute impulse purchases.
3. **Give combined gifts.** Reach out to others to share costs.
4. **Be practical.** Kitchen supplies, grocery gift cards, or a streaming service subscription are thoughtful and useful.
5. **Make it yourself.** Handmade, homemade gifts offer a personal touch that emphasizes the real meaning of the season.

You are not alone in trying to minimize holiday debt. The people you care about will respect your wishes for incurring less debt and stress in the new year.

Source:
lendingtree.com

Workout without the Gym

Virtual workouts make it easier than ever to stay fit! All you need is a Wi-Fi connection and a bit of motivation. There are countless options, including online classes, mobile apps, and videos.

The internet is a great place to start, offering countless free videos that you can access anywhere. Social media and streaming services also feature a variety of workout videos, including yoga, kickboxing, and more, updated daily by gyms, studios, and online fitness personalities.

For those missing the gym atmosphere, live-stream memberships offer the chance to attend virtual classes with others, providing that extra boost of motivation and accountability. Gaming consoles also offer entertaining and challenging workout games you can enjoy with your family.

When paired with smart devices, many mobile apps can elevate your workout, tracking your progress with statistics like heart rate, calories burned, or distance traveled. Make the most of your time indoors and discover exciting ways to stay active!

Sources:
healthline.com
webmd.com

MONTHLY QUIZ

1. Which of the following is NOT a benefit of adopting an attitude of gratitude?

A. Improved sleep quality

B. Increased feelings of regret

C. Enhanced resistance to viral infections

D. Better emotional well-being

2. Which of the following is a healthy choice for game day snacking?

A. Fried chicken wings with ranch dressing

B. Veggie platter with hummus

C. Loaded nachos with extra cheese

D. Deep-fried mozzarella sticks

3. Which of the following could leave you with a holiday debt hangover?

A. Making a list of people to give to before you start shopping

B. Setting a budget

C. Buying last-minute gifts

D. Crafting homemade presents

1. B, 2. B, 3. C

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