

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES... WORDS OF WHIZ-DOM

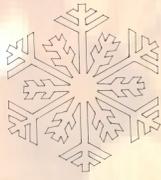
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Happy Healthy Holidays

The holidays are a time for family gatherings, shopping, religious observations, and relaxation, but along with all those, there may be stress or sickness. Here are a few tips to keep you in from the cold and away from those winter blues. **Wherever this holiday season takes you, be safe, stay healthy, and have fun!**



**BABY,
IT'S COLD
OUTSIDE.**



EXPOSURE TO COLD CAN CAUSE FROSTBITE OR HYPOTHERMIA AND BECOME LIFE-THREATENING. IF YOU SPEND TIME OUTSIDE DURING THE WINTER, WEAR LOOSE, WARM CLOTHES IN LAYERS. OUTER GARMENTS SHOULD BE TIGHTLY WOVEN, WATER REPELLANT, AND HOODED. WEAR A HAT! COVER YOUR MOUTH TO PROTECT YOUR LUNGS, WEAR MITTENS THAT ARE SNUG AT THE WRISTS, AND TRY YOUR BEST TO STAY DRY.

beat the winter blues

If you celebrate a holiday, it is the time of year filled with joy and enjoyment. However, trying to get everything done and meeting your own personal goals can be overwhelming to some. Chill out! Follow these tips to relaxation and beat those winter blues!

***Avoid over-scheduling festivities and visits with friends/family.** It is better to have one or two great chances to be together than an exhausting marathon of comings and goings of groups of people.

***Does the house need cleaned or decorated?** Help each other out. It will save time, tasks will be accomplished, and family and friends will be able to spend time together.

***Don't drink this holiday season, but if you do, drink responsibly.** Alcohol will dehydrate you and may limit your inhibitions. Keep alcohol out of the reach of younger friends and family members. If you are 21 or older and choose to drink, **never drink and drive!**

***Set a financial budget.** Plan what you will spend and purchase before you go into stores. Also consider homemade items when choosing a gift.

***Get some rest.** Don't let this holiday season wear you out. Take time to relax so that you have the energy to fulfill what needs to be done, and enjoy the holiday!

Holiday Snacks



SO MUCH FOOD! SO LITTLE TIME!

- * When you find yourself surrounded by a vast arrangement of delicious foods, drinks, and desserts this season, don't avoid temptation too much. Holiday treats do not have to be your enemy unless you let them.
- * Watch your portions. If you choose smaller portions, it will give you the chance to sample different foods without overeating. Moderation is always the key.
- * Make a conscious choice to limit high fat items. High fat foods can be found in fried foods, cream-based soups, cheese-filled casseroles, pies, and baked goods. Go easy on the eggnog!
- * Avoid alcohol this holiday season. Instead, opt for juice, milk, or water. Also, try to include time in your busy schedule for some type of physical activity. Take a nice brisk walk with loved ones, or dance to your favorite holiday music!
- * Before you prepare and eat all of those tasty treats, don't forget to wash your hands. Some raw foods can contain bacteria. Fully cook all meats and poultry. Be sure to thoroughly wash all raw vegetables and fruits. Also, be sure to refrigerate food after you are finished eating. Foods sitting out for long periods of time can accumulate bacteria and become spoiled.

HOLIDAY SAFETY TIPS

- BE SURE TO KEEP DECORATIONS AND TREES AWAY FROM CANDLES, EXTENSIONS, AND FIREPLACES.
- BEFORE USING LIGHTS OUTDOORS, CHECK TO MAKE SURE THEY ARE FOR OUTSIDE USE. TURN OFF LIGHTS BEFORE YOU GO TO BED OR WHEN YOU LEAVE THE HOUSE.
- WHEN CHOOSING GIFTS OR PREPARING FOR A PARTY, KEEP IN MIND THAT YOUNG CHILDREN CAN EASILY CHOKE ON SMALLER ITEMS.
- TRAVELING THIS SEASON? BE AWARE OF ICE AND WINTER DRIVING CONDITIONS AND ALWAYS HAVE A SAFETY KIT AND BLANKETS AVAILABLE IN YOUR CAR.

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