

Postcard
from the
path...



OhioDAS

...walking together down a path of
wellness, through insight and
information for a healthy workforce.

'Tis the Season for Holiday Cheer - **Not Stress**

For some people, the holidays can be a stressful rush of shopping, cleaning, cooking, and traveling. But it doesn't have to be. Take advantage of these tips for help in reducing stress this holiday season:

KEEP YOUR CELEBRATIONS SIMPLE.

Spend your time doing activities that are meaningful to you and your family, not what you feel you "should" do.

DON'T TRY TO DO EVERYTHING YOURSELF.

Instead of preparing a large holiday meal, arrange a potluck dinner.

ESTABLISH A BUDGET AND STICK TO IT.

Be realistic about how much you can afford to spend.

PRIORITIZE YOUR TO-DO LIST.

The more you do before the holiday, the less stressed you will feel.

FOCUS ON THE POSITIVE.

It's easy to be disappointed when plans turn out less than perfect. Accept things for the way they are and remember the positive qualities that make them special.

TAKE CARE OF YOURSELF.

Set aside time each day for rest and exercise.

Read articles about concerns people face during the holidays from coping with grief and dealing with stress to managing money and traveling. Visit United Behavioral Health's web site at liveandworkwell.com and enter code 00832 to enter without registering, or call 800-852-1091 to speak with a counselor.



Worried About Holiday Weight Gain?

Here are some easy tips for eating healthy and managing your weight this holiday season.

FILL UP ON HEALTHY FOODS. Eat your green salad before the rest of the meal. Lean towards low-calorie foods like boiled shrimp, skinned chicken, fruits, and vegetables.

AVOID FILLING YOUR PLATE. Try moderate portions like a half a cup of mashed potatoes or one cookie instead of three. Use a small salad plate instead of a large dinner plate.

TAKE YOUR TIME. EAT SLOWLY. Before going for seconds, wait 15 minutes to identify if you're still really hungry.

DRINK MODERATELY. Cut the excess calories from alcohol by mixing liquor with seltzer or diet tonic. For every alcoholic drink, sip one or two glasses of water.

EXERCISE. Even during the holiday rush, you can still burn calories and keep fit by parking your car far away from the mall. Or, take the stairs instead of the elevator.

Remember: It's okay to indulge occasionally, just not all the time.

Source: liveandworkwell.com

TOP TEN

Ways to Use Up Your FSA Funds

You have until Dec. 31 to incur 2009 eligible expenses for the Flexible Spending Account. If you have funds left over in your Health Care Spending Account, here are some ways to use it.

- 1 Refill your prescriptions before the end of the year
- 2 Schedule the doctor's office visit you've been putting off
- 3 Buy prescription sunglasses
- 4 Stock up on cold and asthma medications
- 5 Stock up on pain relievers for headaches, tooth pain and arthritis
- 6 Visit the dentist
- 7 Stock up on contact lens solution
- 8 Get an eye exam
- 9 Stock up on smoking cessation products
- 10 Buy first-aid supplies such as band-aids, masks and gloves

For more information visit:
das.ohio.gov/FlexibleSpendingAccount