



Holiday Strategies

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First Things First

1. Write your weight on your chart.
2. Draw a line from your last recorded weight to the newest recorded weight.
3. Have you come to the end of your chart? Look at your graph. Make a note on how you have been doing, and what (if anything) you'd like to change.
4. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Make a note about how you did this month.



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Today's Topics

- Sleep strategies
- Time management ideas
- Nutrition
- Physical activity
- Relationships
- Resources



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Sleep Strategies



- Make sleep a priority (this more than anything else).
- Be consistent. Go to bed at the same time, get up at the same time.
- Limit stimulating activities before bed ("screenage," exercise, work).



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Sleep Strategies

- Avoid Nicotine.
- Limit alcohol, food and no caffeine within 4 hours of bed.
- Exercise each day.
- Keep the bedroom for sleeping, try white noise, darken the room, turn down the thermostat.
- Take time for prayer, meditation, stretching, journaling, or another quiet activity that you enjoy for 10 minutes or so right before you get in bed.



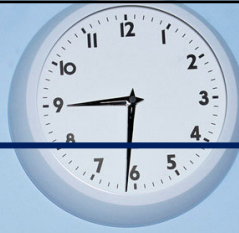
Sleep Strategies

If you can't sleep, don't lay in bed:

- Get up and do a quiet activity, stretch, or take a hot bath. Practice relaxation exercises.
- Try again once you feel relaxed.
- Take time to make a list or write out problems. Sometimes just getting it out of your head and onto a paper will free your mind to sleep.



Time Management



Make a list and keep it handy.

List everything that must be done (“must dos”) and things that you’d like to do (“could dos”).



- Ask and make plans for help.
- Schedule at least ½ hour between obligations.



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Time Management

- Make a List, Check it Twice.
- Pay attention. When you notice yourself getting that stress adrenaline rush:
 - Stop! Take a deep breath. Then take 9 more. While you do:
 - Take a mental step back, and see the big picture.
 - Prioritize. What is most important? Focus there.
 - Slow down. One thing at a time. Again, Focus.
 - Begin again.
 - Repeat as necessary.

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Your Turn

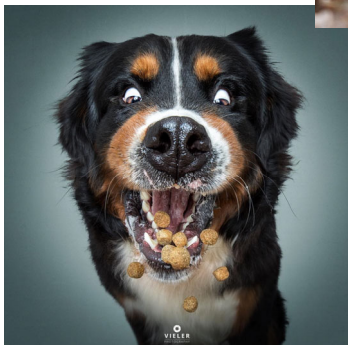
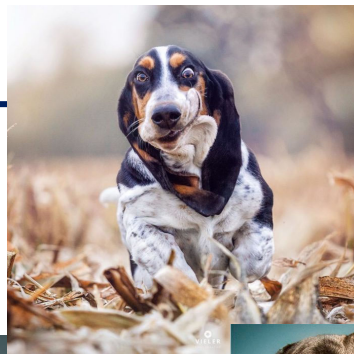
- What is your best suggestion for saving time and/or having fun during the holiday season?



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Laughter!

Funny cat videos?
Dogs catching treats?
Comedy?
Funny books?



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"I tend to gain weight around the holidays; Thanksgiving, Christmas, National Mitten Day, Elvis Week, Millard Fillmore's birthday..."

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"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

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Nutrition

- Be prepared for too much food at work, at events, at home.
 - Hydrate!
 - Eat breakfast.
 - Eat regularly.
 - Eat slowly.
 - Eat nutrient-rich foods first.
 - Choose small portions of high-fat and high-sugar foods.
 - Prepare and bring healthy options.
 - Don't keep "land mines" in your home.

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Healthy Weight Tips

- It's all about priorities.
- Consider maintaining weight as a goal during the holidays.
- Make plans BEFORE you go to events.
Decide it, write it, speak it.
- Consider a multi-vitamin/fish oil/calcium.
- Don't keep treats in your house all during the next few months!
- Give away the leftovers.



Alcohol

- 'Tis the season?
- How much? 1 drink for women, 2 drinks for men. How big is a "drink?"
- If you choose to imbibe be aware of the calories! Try choosing the following:
 - A drink instead of dessert
 - Red wine
 - Drinks with real fruit in them.
 - Small sizes
 - OR Seltzer water with a lime



Activity! Yay!

- Include some every day.
- *Challenge: take a 10 minute walk each day during holiday weeks.*
- Invite those that you love: friends, family, children, pets, etc.



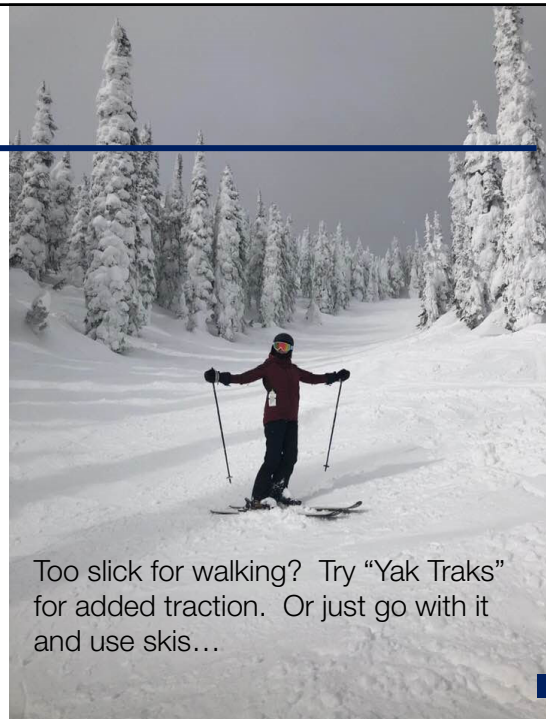
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Activity! Yay!

- Make active plans for everyone. Try taking walks, skiing, ice skating, hiking, hunting, sledding, “freeze” tag, wrestling with kids, or just laughing really hard...



Too slick for walking? Try “Yak Traks” for added traction. Or just go with it and use skis...



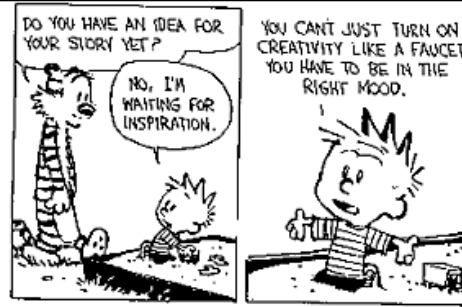
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Stress...

- It's how you manage it...
- Stress can be beneficial or detrimental.
- Manage your stress, don't let it manage you!
- Take time for relaxation.
 - Stretch at your desk.
 - Take a yoga class.
 - Cuddle with a pet.



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Relationships

Be realistic

- Holidays don't mean that problems suddenly go away or that things become perfect.
- Think of the logistics: too many people in too small a space for too long. (check out "You Are Your Own Best Advocate.")



Change focus - Positive

- Look for a need.
- Do something for someone else!

Be conscious of your choices

- It is not wrong to say "no."
- What do you NEED?



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10 Things to Say

1. Thank you for your opinion. I'll think about it. The goal is to be polite and end the conversation.
2. Is this a good time for you? When you want someone's full attention. If no, "When would be a better time?"
3. Would you like my thoughts? Good for spouses, children, siblings, friends, co-workers...if they say yes, proceed. If they say no, button your lip!
4. Why don't we get the facts? Don't argue about easily resolved things! (Refrain from saying "I told you so.") ☺
5. I need your help. Can you please...? People are not mind-readers, and you don't need to do all the work!

From Laurie Puhn, www.lauriepuhn.com, featured in *Real Simple* November 2008



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10 Things to Say

6. Let's wait on this until we have more information. Good for the "what if" and future plans conversations that turn into arguments.
7. What did you mean by that? Things are often not meant the way they come across. Before getting insulted, ask (nicely).
8. I don't like that, why don't we do this instead? When making plans or dividing up tasks.
9. I'm sorry you're upset This provides a compassionate way to avoid saying "I told you so," or "that was dumb!"
10. Let me get back to you. This is a great way to give yourself time to think if you can actually do what is being asked of you and design a polite way to get out of it if you can't. BE SURE TO GET BACK TO THEM!



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Resources

Live Life Well Wellness Program

- Counseling
- Health Coaching
- Nicotine Cessation
- Diabetes Management
- Prenatal & Breastfeeding Support
- Asthma Management
- Resources for Self-Monitoring

<https://benefits.mt.gov/Live-Life-Well/>



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This month



- DO what you've decided that you will to meet your goals.
- PRINT the food and fitness log as needed.
- Sleep is the #1 priority.
- Make a list of things your must dos, and want-to dos. Discard "should-do's."
- PRE-plan. Write it down, speak it out loud.
- Physical activity is key. This is YOU time.
- Ask for help when you need it!

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