



December 2019



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

AvMed



HOLIDAY STRESS: TIPS FOR COPING

Stress and depression can ruin your holidays and hurt your health. The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays and end up enjoying your time more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- 1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to express your feelings and honor where you are in that moment.
- 2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion.
- 5. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- 6. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list.

7. Learn to say no. Saying "Yes" when you should say "No" can leave you feeling resentful and overwhelmed. If it's not possible to say "No" when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

- Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
- Get plenty of sleep.
- Incorporate regular physical activity into each day.

9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

10. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional. The Miami-Dade County Employee Assistance Program (EAP) is available to help. You can call 305-375-3293 to set up an appointment with a staff member, Monday-Friday 8 am–5pm. Emergency walk-ins are also accepted: 601 NW 1st Ct., Suite 15-050, Miami, FL.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Handwashing Saves Lives

Handwashing stops the spread of germs. In 1847 Hungarian obstetrician Ignaz Semmelweis noticed that women had a greater chance of surviving childbirth when he washed his hands using chlorinated lime beforehand. Semmelweis published papers showing the link between proper hygiene and mortality rates, but it took time for the medical community to believe that washing hands decreased fatal infections and saved lives!

Helen Arnold, RN, an infection prevention specialist, says, "Diligent hand hygiene will always be one of the most important defenses we have to reduce the risk of catching all types of infection and becoming ill."

The CDC website states proper handwashing reduces the number of people who get sick with diarrhea by 31% and reduces respiratory illnesses, like the common cold, by 16-21%.

Good Habits

Getting into the practice of washing your hands with soap and warm water is always a good idea. In fact, the CDC recommends the following as critical times when you should wash up:

- Before, during and after preparing food;
- Before eating food;
- Before and after caring for someone who is sick;
- Before and after treating a cut or wound;
- After using the toilet;
- After changing diapers or cleaning up a child who has used the toilet;
- After blowing your nose, coughing or sneezing;
- After touching an animal, animal feed or animal waste;
- After handling pet food or pet treats;
- After touching garbage.

So, is it best to use soap or hand sanitizer? According to Arnold, the choice is simple.



"It is always best to wash hands with soap and water whenever possible whether it is antibacterial based or not. Alcohol-based hand sanitizer is an efficient way to reduce most germs...but there are some germs, such as *clostridium difficile*—an easily-spreadable disease that causes severe diarrhea—which cannot be removed with alcohol-based hand sanitizers", says Arnold.

Handwashing 101

When washing hands with soap and water, scrub all surfaces for a minimum of 20 seconds. If you're using hand sanitizer, scrub it all over your hands until they are dry.

Whatever you choose to wash your hands, Arnold says you should make sure you wash more than just your palms. Scrub and use friction between your fingers, under your nails, on your palms and the back of your hands.

<https://www.bannerhealth.com/healthcareblog/articles/2018/may/why-handwashing-is-so-important>

DECEMBER HEALTH & WELLNESS EVENTS

December 14, 2019

Run ForThe Bling MIAMI

MIAMI TBD
Miami, FL 33101

December 15, 2019

iRun MIA 5K Experience Powered by lululemon

DESIGN DISTRICT
3625 NE 2ND AVE., MIAMI, FL 33137

**December 18, 2019
10 am-2 pm**

Winter Wellness Extravaganza

Ice Skating & Putts Fore Paws
SPCC, East Lobby

Do you know of an event for health and wellness happening in January? Please email Laura.Klein@MiamiDade.gov to get it on the WellnessWorks Newsletter Calendar!

HEALTHY RECIPE OF THE MONTH: DECEMBER

QUINOA CHICKEN PARMESAN

Photo by
Sara Dubler on Unsplash



Ingredients

- 1 cup quinoa
- 1 tablespoon Italian seasoning
- 2 boneless, skinless chicken breasts, cut crosswise in half
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 cup marinara sauce, homemade or store bought
- 1/4 cup basil leaves, chiffonade

Preparation

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

2. In a large saucepan with 1 1/2 cups water, cook quinoa according to package instructions. Stir in Italian seasoning.
3. Season chicken with salt and pepper to taste.
4. Working in batches, dredge chicken in flour, dip into eggs, then dredge in quinoa mixture, pressing to coat.
5. Place chicken onto the prepared baking sheet. Place into oven and bake for 20-25 minutes, or until golden brown. Top with cheeses and marinara. Place into oven and bake until cheeses have melted, about 5 more minutes.
6. Serve immediately, garnished with basil, if desired.

<https://damndelicious.net/2014/06/23/quinoa-chicken-parmesan/>

Super Nutrition:

Quinoa is a flowering plant grown as a crop primarily for its edible seeds. The seeds are rich in protein, dietary fiber, B vitamins, and dietary minerals in amounts greater than in many other types of grains.

Quinoa goes great as a side dish to chicken, fish and meat. For extra protein, sprinkle on salads! Choose quinoa in place of other less nutritious sides, such as white rice or white potatoes.



Quinoa seeds



Red quinoa seeds

HEALTHY SELFIE

A Roundup of 4Q-2019 Active Events

FAMILY FUN DAY 5K



MAKING STRIDES AGAINST BREAST CANCER BASKETBALL COMPETITION



Send us a picture showing how you make Wellness Work for you and you will be entered in a raffle to win a prize. Whether you are exercising, attending presentations or learning something new, please share! Email photos to: WellnessWorks@MiamiDade.gov.