



Official Newsletter of WIC Worksite Wellness

GIVE YOURSELF THE GIFT OF ALONE TIME

Ashley Gubicza & Ashley Henson

The holiday season can be exciting, yet it's also easy to feel overwhelmed during this time. One way to cope can be setting aside time for yourself. For some of us, spending time alone is a form of self care that can improve your mental health. It can calm your thoughts and help you understand yourself.¹

Here are some ways to find calmness when spending time alone:

- **Find comfort through decorating:** Pick colors or scents that make you feel safe, happy, or remind you of a special time.²
- **Give to yourself:** Send a card or gift to yourself with words of encouragement to remind yourself that you're worth it.²
- **Bundle up for a walk:** Even as the weather cools down, spending time outside in the sunshine can brighten your day and help you sleep better.³
- **Rest & reset:** Proper sleep is important to stay well during the holiday season. Use [these tips](#) to rest better.⁴

MONEY SAVING MEMORIES

Kacey Van Duzer & Jack Galliver



Positive relationships are important because they can make us feel supported and enhance our self-worth.⁵ One way to encourage positive relationships during the holidays is through bonding activities. Here are some fun, inexpensive ways to celebrate and strengthen connections while on a budget.

1. **Holiday Game Night:** Play holiday-themed charades, trivia, scavenger hunts, and more.⁶ Find more games [here](#).
2. **Holiday Activity List:** Create a list of activities like building a bonfire, having a picnic, or simply watching movies with your family.⁷ Click [here](#) to get started!
3. **Thrifty travels:** Plan trips to national and state parks for an affordable adventure.⁸ Click [here](#) for tips.

MEXICAN APPLE SALAD

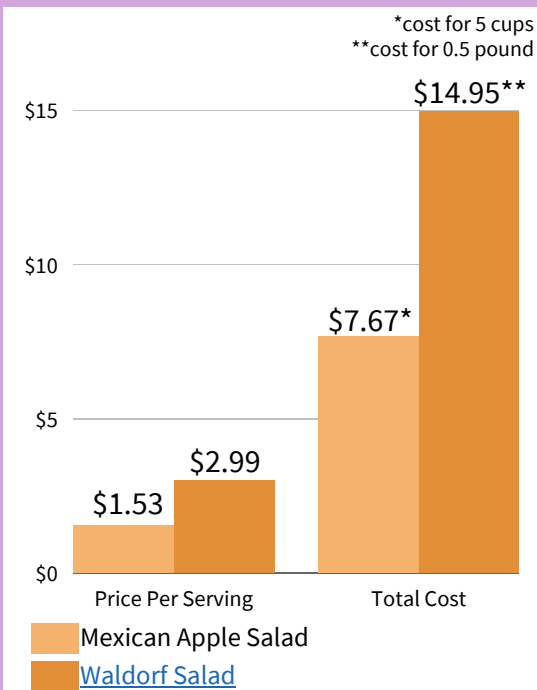
Caitlyn Jones, Ivette Ramirez & Stacy Wells



Mexican Apple Salad, also known as Ensalada Navideña,⁹ is a traditional Christmas dish in Latin American culture. This simple, beautiful salad can be enjoyed at any holiday gathering. Fall is peak apple season and this salad is bursting with their juicy sweetness. Apples are full of health benefits which help to regulate blood sugar, lower cholesterol, reduce blood pressure and ease inflammation.¹⁰ So, go pick some apples and enjoy this seasonal salad with family and friends.

Total time: 15 minutes **Servings:** 5 **Serving size:** 1 cup

PRICE COMPARISON



Ingredients:⁹

- 4.5 cups Fuji apples
- 12 ounce can pineapple in juice
- 1 cup reduced fat sour cream
- $\frac{3}{4}$ cup low fat plain yogurt, 1% milkfat
- $\frac{1}{2}$ cup loose raisins
- $\frac{1}{2}$ cup pecans, chopped
- $\frac{1}{3}$ cup pineapple juice from canned pineapple (listed above)
- $\frac{1}{4}$ teaspoon iodized table salt

Instructions:⁹

1. Cut apples into $\frac{3}{4}$ inch chunks. Place into a large bowl.
2. Drain the pineapple and reserve the juice for later. Cut the fruit into small bites. Add to the bowl with the apples.
3. Add sour cream, yogurt, raisins, pecans, pineapple juice, and salt.
4. Mix well to coat all ingredients evenly.
5. Place in the refrigerator for 15 minutes before serving.

NUTRITION FACTS¹¹

Serving size: 1 cup

- Total Calories: 272
- Total Fat: 0 g
 - Saturated Fat: 1 g
- Cholesterol: 2 mg
- Sodium: 148 mg
- Carbohydrates: 48 g
 - Fiber: 5 g
 - Total Sugars: 39 g
 - Added Sugar: 1 g
- Protein: 4 g



HOLIDAY HUSTLE FUNDS

Ashley Woo & Lauren Flotman

FAMILY ASSISTANCE MINISTRIES

The holidays are a time for festivities and food. The Family Assistance Ministries is an organization that provides healthy and fresh food options for those in need throughout the year. Their weekly pantry provides fresh produce and personal care items, and their holiday program distributes delicious seasonal meals. Apply [here](#) to receive free food services for a full stomach during this festive time!

HOLIDAY BUDGETS

To make the holidays less financially challenging, use [this budget sheet](#). This tool will help you to monitor your spending, plan ahead, and reduce stress.¹² In addition, this tool helps manage expenses like gifts, food, and decorations to boost your savings.



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