



Healthy Holiday Toolkit

FBISD Wellness Champion

TOOLKIT INCLUDES



Mental Health
Resources



Fitness and
Nutrition
Resources



Financial Wellness
Resources



Health isn't a destination- its a journey that will inevitably have ups, downs and roadblocks. As you learn what foods and lifestyle practices make you feel your best, you'll also discover that these may change over time or even change depending on the season.

The holiday season tends to be challenging for many people, whether it's dealing with the abundance of decadent holiday foods or being around family members that don't share your values. This toolkit will help provide you and your colleagues with resources on how to tune into what your body and mind need from one day to the next, and one season to the next.

This will provide you with tips you and your colleagues can apply not only during the holiday season, but all year round, for great physical, mental, emotional and spiritual well-being.



Mental & Emotional Health During the Holiday Season

THE HOLIDAY SEASON CAN BRING UP A LOT OF EMOTIONS, FROM MISSING LOVED ONES WHO HAVE PASSED AWAY TO BEING AROUND FAMILY WHO DON'T BRING OUT THE BEST IN US. IT CAN ALSO BE DIFFICULT TO MANAGE THE STRESS THAT COMES ALONG WITH PLANING AND HOSTING, OR EVEN BEING ALONG. WHATEVER CHALLENGE YOU FACE, THERE ARE PROGRAMS AND TRICKS TO HELP MANAGE AND TAKE CARE OF YOUR MENTAL AND EMOTIONAL WELL-BEING.

MAKE TIME FOR SELF-CARE

Self-care is a useful practice that can help you take care of yourself so you can better show up for others. From meditation to face masks, a bath to a walk around the neighborhood, find what makes you feel replenished.

10 ways to practice self-care

1. **Set up a regular call with someone close to you.** It's ok to crave meaningful connection as opposed to turning in and tuning out the world. Schedule a weekly or monthly call with someone you enjoy talking to and treat it like a special event- grab your favorite drink or snack, cozy clothes and plan to be present in the moment.
2. **Fit in time for movement.** Self-care to most means slowing down. But it's not always about slowing down or yoga, it's about what makes you feel good. Whatever that is- HIIT, boxing, swimming, running or yoga- do what makes you feel good.
3. **Cook a comforting meal.** Sometimes we get into a rut and it's easier to lean on takeout or going out to eat to "treat" yourself, but nourishing your body with healthy food that you prepared can be really special. Try meal prepping your lunches or dinners for the week so you can use that energy to focus on other important life things while still eating healthy and saving money.
4. **Plan more conscientious social media time.** Be cautious of how much time you spend on your phone and/or on social media. Becoming more mindful of your social media time can help you better manage your overall time.
5. **Take a shower or bath.** Enjoy the smaller and simpler things in your everyday routine. This is the perfect time to show yourself care and love if you're having a particularly tough day and can also help you sleep.
6. **Step away from your phone for a designated period of time.** Disconnecting can help you tune back into yourself to determine what you really need in that moment.
7. **Incorporate meditation into your daily routine.** Meditation has been shown to improve concentration and attention, reduce anxiety and provide many neurological benefits.

10 ways to practice self-care continued...

8. **Set daily or monthly affirmations.** Working toward a goal can be hard work and setting a new affirmation every 30 days can be a great way to assess how your self-care needs change over time.

9. **Opt for DIY versions of self-care products.** Take some time to yourself and try making your own version of the expensive products you may see people using, such as face masks, body scrubs, candles or even home decor.

10. **Make self-care a regular part of your routine, make it a priority!**

Building self-care into your day creates practices that become a habit. Taking care of yourself doesn't need to be relegated to one night a week, nor does it need to be an elaborately planned event. Taking small steps everyday to build self care into your routine can have a major impact on your health and happiness.

CREATE BOUNDARIES WITH EFFECTIVE COMMUNICATION

If you worry about being around family members who ask you invasive questions about your personal life or your health, you're not alone.

Communication your boundaries to these people will go a long way in managing your anxiety and mental well-being during the holidays. It can be as simple as saying " I don't feel comfortable talking about this right now, but I would love to hear...." can help you communicate your needs while actively showing respect and interest in the other person

PRIORITIZE SLEEP AND REST

One night of bad sleep can make anyone irritable and moody, which is why it's especially important this time of year. If you have trouble sleeping, try limiting caffeine before bed as well as limiting blue light from your phone or devices at least an hour before going to sleep.

You also want to prioritize rest. That means taking time to decompress, whether that's getting outside for fresh air, putting your phone away to watch a movie with your family, or taking a day off from work to do nothing.

WRITE IT ALL DOWN

If you're stressed about planning, hosting, and organizing, writing things down is a great way to keep track of everything. Using a notebook, a white board, or an app on your phone, write a list of everything you need, need to do and want to do. Share the responsibility. This will help you stay organized and share the duties.



FBISD MENTAL HEALTH SUPPORT RESOURCES

- **Jennifer Williams, Onsite EAP Counselor**

- Jennifer Williams is a Licensed Professional Counselor with over 10 years of experience working in a variety of settings including schools, military bases, and community health clinics. She is adept at utilizing a solution-focused approach to identify strengths in order to manage stressors and improve overall functioning. Jennifer is comfortable working with individuals as well as groups. She can be reached at Jennifer.L.Williams@Optum.com or 952.687.3104.

- **Employee Assistance Program (EAP)**

- Employees have access to love counselors face to face or virtually. Up to 6 FREE counseling sessions available per household member.

- **Stress Relief Toolkit**

- Focuses on the whole person through mindful tactics. It promotes a relaxed comfortable state of being- the perfect state for teaching and learning.



Nutrition & Physical Health

IT'S THE SEASON FOR INDULGING IN COMFORT FOODS AND DE-PRIORITIZING EXERCISE. THERE'S NOTHING WRONG WITH SOME COMFORT FOODS, NOR EATING DIFFERENTLY AT DIFFERENT TIMES OF THE YEAR, BUT IT CAN CAUSE YOU TO STRESS AND ENHANCE EMOTIONS OF ANXIETY AND DEPRESSION. FIND WAYS TO REPRIORITIZE EXERCISE THAT WORK FOR YOU, EVEN DURING THE HUSTLE AND BUSTLE OF THE HOLIDAY SEASON.

EAT BALANCED MEALS AND INDULGE IN CRAVINGS MINDFULLY

The holiday season can take you out of your normal routine, especially when it comes to food. If you know your evenings will be filled with finger foods and yummy holiday dessert tables, eating meals that focus on quality protein, complex carbohydrates and healthy fats can help you stay on track with any of your health-related goals. And if you find yourself eyeing those desserts at the party, give yourself permission to indulge mindfully, which means really savoring every bite.

10 Healthy Holiday Nutrition Tips

1. **Don't skip meals.** Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your appetite and prevent overeating.
2. **Contribute a healthy dish.** Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
3. **Choose your splurges.** Scan the buffet or dinner table and choose a couple holiday favorites to splurge on.
4. **Think Color.** Make a plate look festive by including fruits and veggies. Aim to cover half the plate.
5. **Choose drinks wisely.** Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.
6. **Visit the people, not the food.** Move socializing away from the buffet or appetizer table to prevent mindless eating.
7. **Say no to food pushers** (politely).
8. **Savor seasonal treats.** Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when you have it.
9. **Eat until you are satisfied, not stuffed.** No one likes that icky, stuffed feeling after a meal. Eat slowly and check your fullness levels while you're eating. Remember — there are always leftovers!
10. **Don't feel guilty.** If you did overindulge, don't beat yourself up. Just make sure your next meal is healthy, and be sure to incorporate exercise into your routine.



FBISD NUTRITIONAL HEALTH SUPPORT RESOURCES

- **Real Appeal Weight Loss Program**
 - The Real Appeal Weight Loss Program is a FREE Virtual weight loss program available to all FBISD employees/dependents enrolled in a UnitedHealthcare medical benefit plan.
- **Employee Cookbook**
 - Check out some of your colleagues favorite healthy recipes in our employee cookbook.
- **MyFit Foods**
 - Enjoy 25% off healthy premade meals from MyFit Foods with code FBISD25. You can pick up the meals at their store location or have them delivered directly to your home.



KEEP HEALTHY SNACKS IN REACH

From Halloween to new Years, it might feel like there's always something decadent in the pantry you can snack on, from candy to leftover pies. Instead of holding odd to indulge in these sweet treats, try implementing a new tactic by prioritizing healthier foods that leave less room for less-healthy foods. This could look like keeping the fridge stocked with veggies and hummus, leaving fresh fruit out in a bowl or simply taking a spoonful of your favorite nut butter.

FIND WAYS TO RAMP UP NUTRITIONAL QUALITY

Instead of cutting out your favorite holiday foods, try recreating them and adding more nutritional value. Switch white bread to wheat, add veggies in your sauces, Substitute higher fat foods with lower options and add fruit and veggies every chance you get.

BE PATIENT AND KIND TO YOURSELF!

REFRAME YOUR WORKOUT

It can be difficult any time of year to create a consistent exercise routine, let alone during the holiday season. One of the best ways to make exercise a regular part of your day is to reframe what exercises looks and feels like to you. If you can't set part of your day to work out, try splitting it up into smaller bouts, such as 10 minutes in the morning, 10 in the afternoon and 10 in the evening.

Working out doesn't always mean spending your time at the gym, you can also do yard or housework, walk to the store for groceries, take your dog for a jog, or use your kitchen counters as a barre to do standing exercises. When you start to see parts of your day as opportunities for movement, your whole mindset around exercise will change for the better.

10 ways to stay fit this holiday season

1. **Maintain a healthy mindset.** This time of the year is meant to be enjoyed, but too many of us lose sight of that and spend a lot of time beating ourselves up for celebrating. Enjoying season treats is OK - so let go of that guilty feeling.
2. **Do the math.** You will eat around 135 meals between November 1st to January 1st. Having a few brunches and decadent dinners will not derail your fitness.
3. **Don't punish yourself with exercise.** Exercise should be used to overcome "bad" holiday behaviors. Goal is to keep workouts 30-40 minutes with the intent of simply breaking a sweat and helping manage stress levels.
4. **Stay satiated.** If possible, eat a healthy meal, or at least a filling sack, like nuts or yogurts before heading to a party.
5. **Hydrate.** The biggest stressor dehydration puts on your body isn't simply fluid loss, but the significant number of electrolytes lost with it.
6. **Keep stress in check.** Added stress can result in poor decision-making, stress eating and physical tension. That's why its important to proactively practice self-care.
7. **Sneak in consistent daily exercises.**
8. **Don't cave in the New Year.** Its easy to get caught up in the idea of "new year, new you" but remember that the calendar has nothing to do with changing your health and fitness.
9. **Uncomplicate your workout.** Your workout doesn't have to be hours at the gym hitting every muscle group. FInd simple enjoyable ways to stay fit this holiday season.
10. **Get enough sleep.** Sleep is a key factor in the function of your metabolism and immune system.



FBISD PHYSICAL WELLNESS

- **Aquatic Fitness Classes and Open Swim**
 - Monday at 5 pm: Aquatic Practice Facility
 - Thursday at 5 pm: Don Cook Natatorium
 - Friday at 11 am: Aquatic Practice Facility
- **Yoga On Demand**
 - Bring Yoga to your campus for special events or weekly classes
- **Fitness Club Discounts**
 - 24 Hour Fitness
 - Anytime Fitness Sugarland
 - Fred Astair Sugarland
 - YMCA Sugarland
- **Airrosti**
 - Airrosti provides highly effective personalized care for acute and chronic musculoskeletal pain and conditions.
- **One Pass Select**
 - Get unlimited access to thousands of gyms, fitness studios, online workouts, and grocery delivery, all with one monthly membership.



FINANCIAL WELLNESS DURING THE HOLIDAYS

“THE START OF A NEW YEAR IS A GREAT TIME TO COMMIT TO FINANCIAL GOALS AND REFRESH YOUR MONEY HABITS. USE THE RESOURCES BELOW TO SET AND STICK TO RESOLUTIONS THAT WILL HELP IMPROVE YOUR FINANCIAL WELLNESS.”

RING IN THE NEW YEAR WITH FINANCIAL RESOLUTIONS

Stick to your financial new year's resolution by learning how you can set your financial goals, self-assess, or even start a 52-week saving challenge! The start of the new year is the perfect time to learn and reboot your personal finance habits to reduce your debt, save for retirement and organize your finances.

- 1. Three Financial Goals to Set This Year and How to Reach Them
 - a. Whether you're fiscally fit or financially flabby, a new year brings a new opportunity to meet your financial goals. First on your to-do list? Learn how to assess your financial wellness to establish great financial health!
- 2. Financial Checkup: Things to Do at the Beginning of the Year
 - a. Need tips on saving? Anytime is the right time to change your habits to save money.
- 3. Start the Year with Saving Tips
 - a. Start planning and scheduling your monthly financial to-do's.
- 4. Your Financial Planning Calendar
 - a. Will you focus this year to avoid common money missteps by making small changes now.
- 5. Avoid Common Money Missteps by Making Small Changes Now
 - a. You can't know if you're healthy unless you first define what healthy looks like, and that's where setting goals comes in! Let's start your learning financial checkup.
- 6. Financial Checkup: Steps to Consider at the Beginning of the Year
- 7. Financial Wellness Assessment
 - a. Start the year right and begin with your 52 week challenge! Saving the number of dollars each week corresponds with the week of your challenge.
- 8. 52- Week Saving Challenge

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CHOOSE YOUR CHALLENGE! Take one of these challenges to make significant progress in your savings:
Traditional Challenge
Save \$1,378 in 52 weeks. Simply save the number of dollars each week that corresponds with the week of your challenge (\$1 in week one, \$12 in week 12, etc.). Watch as it adds up to \$1,378 in savings in one year. TIP: Jump start your savings at the beginning by having a yard sale or selling items you no longer need online. If you prefer to save the same amount each week, save \$26.50 per week for 52 weeks.

WEEK	SAVE	BALANCE	DONE
1	\$1.00	\$1.00	<input type="checkbox"/>
2	\$2.00	\$3.00	<input type="checkbox"/>
3	\$3.00	\$6.00	<input type="checkbox"/>
4	\$4.00	\$10.00	<input type="checkbox"/>
5	\$5.00	\$15.00	<input type="checkbox"/>
6	\$6.00	\$21.00	<input type="checkbox"/>
7	\$7.00	\$28.00	<input type="checkbox"/>
8	\$8.00	\$36.00	<input type="checkbox"/>
9	\$9.00	\$45.00	<input type="checkbox"/>
10	\$10.00	\$55.00	<input type="checkbox"/>
11	\$11.00	\$66.00	<input type="checkbox"/>
12	\$12.00	\$78.00	<input type="checkbox"/>
13	\$13.00	\$91.00	<input type="checkbox"/>
14	\$14.00	\$105.00	<input type="checkbox"/>
15	\$15.00	\$120.00	<input type="checkbox"/>
16	\$16.00	\$136.00	<input type="checkbox"/>
17	\$17.00	\$153.00	<input type="checkbox"/>
18	\$18.00	\$171.00	<input type="checkbox"/>
19	\$19.00	\$190.00	<input type="checkbox"/>
20	\$20.00	\$210.00	<input type="checkbox"/>
21	\$21.00	\$231.00	<input type="checkbox"/>
22	\$22.00	\$253.00	<input type="checkbox"/>
23	\$23.00	\$276.00	<input type="checkbox"/>
24	\$24.00	\$300.00	<input type="checkbox"/>
25	\$25.00	\$325.00	<input type="checkbox"/>
26	\$26.00	\$351.00	<input type="checkbox"/>

Reverse Challenge
Save \$1,378 in 52 weeks by saving the largest amounts first, while your motivation is strongest. Each week you can put one less dollar into savings, still resulting in \$1,378 of savings in one year. TIP: Jump start your savings at the beginning by having a yard sale or selling items you no longer need online. If you prefer to save the same amount each week, save \$26.50 per week for 52 weeks.

WEEK	SAVE	BALANCE	DONE
1	\$52.00	\$52.00	<input type="checkbox"/>
2	\$51.00	\$103.00	<input type="checkbox"/>
3	\$50.00	\$153.00	<input type="checkbox"/>
4	\$49.00	\$202.00	<input type="checkbox"/>
5	\$48.00	\$250.00	<input type="checkbox"/>
6	\$47.00	\$297.00	<input type="checkbox"/>
7	\$46.00	\$343.00	<input type="checkbox"/>
8	\$45.00	\$388.00	<input type="checkbox"/>
9	\$44.00	\$432.00	<input type="checkbox"/>
10	\$43.00	\$475.00	<input type="checkbox"/>
11	\$42.00	\$517.00	<input type="checkbox"/>
12	\$41.00	\$558.00	<input type="checkbox"/>
13	\$40.00	\$598.00	<input type="checkbox"/>
14	\$39.00	\$637.00	<input type="checkbox"/>
15	\$38.00	\$675.00	<input type="checkbox"/>
16	\$37.00	\$712.00	<input type="checkbox"/>
17	\$36.00	\$748.00	<input type="checkbox"/>
18	\$35.00	\$783.00	<input type="checkbox"/>
19	\$34.00	\$817.00	<input type="checkbox"/>
20	\$33.00	\$850.00	<input type="checkbox"/>
21	\$32.00	\$882.00	<input type="checkbox"/>
22	\$31.00	\$913.00	<input type="checkbox"/>
23	\$30.00	\$943.00	<input type="checkbox"/>
24	\$29.00	\$972.00	<input type="checkbox"/>
25	\$28.00	\$1,000.00	<input type="checkbox"/>
26	\$27.00	\$1,027.00	<input type="checkbox"/>

STILL FEELING ENERGETIC TO LEARN MORE?

Here are some additional financial podcast resources that can help you navigate how to manage your money! You'll gain financial knowledge and learn new money strategies and tips to help you move your life forward.

- Building your emergency fund:

<https://www.regions.com/insights/personal/personal-finance/budgeting-and-saving/podcast-start-saving>

- Tips to get your Family Saving

<https://www.regions.com/insights/personal/personal-finance/budgeting-and-saving/podcast-family-budgeting-tips>

FBISD FINANCIAL WELLNESS

- **FinPath Financial Wellness (TCG)**

- FinPath is a program focused on decreasing financial stress in the workplace. It also offers a low interest Loan Program for eligible employees.