



Stay Well, Manchester College!!

Issue 5



Toilet Talk

**“Say what you want and be who you are because those who mind don’t matter and those who matter don’t mind.”
- Dr. Seuss (1904-1991)**

HOW STRESSED OUT ARE AMERICANS? According to the American Psychological Association’s online Help Center:

- Forty-three percent of adults suffer adverse health effects from stress.
- Two-thirds of all office visits to family physicians are due to stress-related symptoms.
- Sixty-four percent of Americans say they are taking steps to reduce stress in their lives.
- Stress is linked to the six leading causes of death—heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

Source: “Mind/Body Health: Did You Know?” American Psychological Association. www.apahelpcenter.org.

Healthy Eating for the Holidays!

The holiday season can be a real nightmare for someone trying to lose weight or keep off the pounds. Avoiding high-calorie foods, alcohol and carbohydrate-loaded goodies can be extremely difficult. And with tables full of yummy Christmas cakes, cookies and other seasonal foods, one can’t help but overindulge. So to prevent yourself from being overwhelmed this holiday season:

1. Do not go to a party or event on an empty stomach, eat something.
2. Do not try to diet during the holidays, just try to maintain your current weight.
3. Eat slowly. This allows your stomach to tell your brain not to overeat.
4. Avoid alcohol or cocktails, as they are full of calories. An alternative is wine or a lite beer.
5. Maintain a regular exercise program during the holidays. This also helps with the added holiday stress.
6. Avoid standing near the buffet table to avoid temptation.
7. Keep tabs on the portion sizes of your food.
8. Bring a low-calorie dish to a holiday party or make low fat versions of your dish.
9. Do not let a hectic holiday season force you to eat food fast.
10. Make decisions about what you’re going to eat and stick to them. Avoid fatty or fried foods, and eat in moderation. It is best for YOU to manage what YOU eat!

These tips are adapted from www.always-health.com

Quick Alcohol Fact: Women develop alcoholic liver disease after a comparatively shorter period of heavy drinking and at a lower level of daily drinking than men.

Source: http://www.brad21.org/drinking_problem.html

Brought to you by Health and Counseling Services.

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