

# Live Well, Work Well



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Health and Wellness Tips for Your Work and Life



## Tips for Sticking to Your Diet During the Holidays

The holidays bring to mind thoughts of family, friends, fun and food. However, each year, millions of Americans struggle to maintain their waistlines during the holidays while surrounded by tempting holiday treats.

With so many social gatherings during this time, it can be difficult to avoid treating yourself when you're offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—you can survive the holidays and wake up on Jan. 1 without feeling remorse or guilt. Consider the following tips:

- **Don't go to a party hungry**—Eat before attending a party so you don't arrive on an empty stomach and devour everything in sight.
- **Eat slowly**—Be mindful of every chew. It takes your body 20 minutes to realize when it's full.
- **Pace yourself when drinking**—Alcohol can be dangerous at holiday parties, as overindulgence cannot only cause embarrassment, but also pack on the pounds.
- **Make socializing your top priority**—If you're distracted with conversation, you'll be occupied and less likely to indulge in food or drinks.
- **Don't feel pressured to eat leftovers**—If you have an abundance of leftovers after hosting a party, don't feel like you have to eat them just because you don't want them to go to waste.
- **Practice self-control**—For example, allow yourself one plate of food at a party, and promise yourself that you won't go back for seconds.

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Your solution for a healthier workforce.

## Sweet Potato Hash with Egg

4 cups sweet potatoes, cubed  
(about 2 large sweet potatoes)  
1 cup water  
1 Tbsp. and 1 tsp. vegetable oil  
(separated)  
2 chicken sausage links  
1 small yellow onion (diced)  
1 bell pepper (diced)  
2 cloves garlic (minced)  
4 large eggs

### Preparations

1. In a large skillet, combine sweet potatoes and water, bring to a boil.
2. Reduce heat to low and continue to cook until the sweet potatoes have absorbed the water, about 20 minutes. Stir occasionally.
3. Add 1 Tbsp. vegetable oil, chicken sausage, onion, bell pepper and garlic to the skillet. Cook for another 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Remove from heat and divide the sweet potato mixture between four plates. Return skillet to stove.
5. Reheat the skillet over medium-high heat. Add the remaining 1 tsp. of vegetable oil once the pan is hot.
6. Add the eggs to skillet one at a time. Cook for about 3-5 minutes until the whites are solid and the yolks begin to thicken. Flip the egg and cook for one more minute.
7. Top each serving of sweet potato hash with one cooked egg and serve immediately.

### Nutritional Information (per serving —makes 4)

Total Calories	234
Total Fat	6 g
Protein	9 g
Carbohydrates	41 g
Dietary Fiber	9 g
Saturated Fat	1 g
Sodium	167 mg
Total Sugars	10 g

Source: USDA

## Stay Safe While Decking the Halls

Although decorative lights are great for getting your home ready for the holidays, they can also present a safety risk if they aren't displayed and maintained properly. Here are a few things to keep in mind to ensure that your home is safe during the holidays:

- When you're buying decorations, always check to see if the product has a label that indicates that it has been independently tested by an organization like Underwriters Laboratories.
- Inspect all lights before you use them. If you notice any damaged cords or plugs, discard those lights immediately.
- Use a ladder made of nonconductive materials when you hang lights outside to reduce the risk of electrocution.
- Check to see if your lights were designed for indoor or outdoor use. Although most decorative lights have basic waterproofing, indoor lights can present a serious risk of electrocution or fire if they're used outside.



According to U.S. Consumer Product Safety Commission estimates, there were **14,700** holiday decorating-related injuries treated in the ER last season.

## Unplugging for the Holidays

Constant connection to technology and personal mobile devices can be fun and helpful—think text messages and GPS—but being tethered to your smartphone, laptop or tablet can also increase stress, lead to reduced physical activity and decrease your ability to focus on the people around you. Here are a few tips to help you unplug for the holidays (or at least reduce your screen time):

- Leave your cellphone and laptop in another room, or at least turn off notifications and temporarily delete social media apps to reduce temptation.
- Set a specific, limited amount of time when you can access your work email, if you absolutely must check in.
- Plan technology-free activities—try playing board games, going sledding or bike riding, baking cookies, reading a book or reviving an old hobby.