

BHS ASSIST. E-NEWS

Coping with Holiday Stress and Depression

- **Set Expectations:** Make realistic expectations for the season.
 - Set realistic goals for yourself.
 - Pace yourself. Do not take on more responsibilities than you can handle.
 - Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
 - Be realistic about what you can and cannot do.
 - Let others share the responsibilities of holiday tasks.
- **Limit Disappointment:** Don't set yourself up for disappointment and sadness by comparing today with the “good old days” of the past.
 - Live and enjoy the present.
 - Look to the future with optimism.
 - Try something new. Celebrate the holidays in a new way.
- **Set Boundaries:** Limit your excesses.
 - Excessive eating or drinking will only increase your feelings of depression.
 - Overspending can lead to depression when the bills arrive after the holidays are over.
- **Stay Positive.** Spend time with supportive and caring people.
 - If you are lonely, try volunteering some time to help others.
 - Reach out and make new friends.
 - Make time to contact a long-lost friend or relative and spread some holiday cheer.





Far too many people still don't understand that alcohol, drugs and driving don't mix. Impaired driving is no accident — nor is it a victimless crime.

According to Bill Windsor, Associate Vice President of Safety for Nationwide Insurance, 1 out of 3 Americans will be impacted by a drunk driving crash during their lifetime.

There are real and serious consequences for drinking and driving. Driving while legally intoxicated is a crime in every jurisdiction in the United States.

- State legislatures continue to address the issue by toughening existing laws and passing new ones.
- Many states have mandatory jail terms for first time offenders convicted of drunk driving.
- Many states have amended their criminal drunk driving statutes to enhance the penalty if a minor child was in the vehicle at the time of the offense.

In addition to the criminal consequences of drunk driving, there is also the possibility of civil lawsuits in cases where property damage, injury or death resulted from the drunk driving crash. Win or lose, attorney fees for civil suits are enormous. If a judgment is found against the drunk driver, transferring assets does not protect the drunk driver. Since 1984, declaring bankruptcy does not relieve the offender from financial obligations. In addition, if you are the spouse or legal guardian of the person being sued, or if you provided the car or alcohol involved in the drinking and driving offense, your assets are also at risk.

In addition to criminal and civil penalties, some convicted drunk driving offenders lose their jobs due to the policies and procedures in their workplace. Convicted drunk drivers who are separated or divorced may also find visitation rights with their children curtailed if this information becomes known to the divorce court.

Along with legal and financial consequences, there are social and emotional consequences to drunk driving. When a drunk driving crash occurs, people are often killed or injured. Furthermore, families, friends and even entire communities are affected by these crashes. Often those who caused the crash are left with feelings of grief, regret and exclusion.

Avoid the consequences of drunk driving by:

- Consuming alcohol only if you will not be driving
- Making arrangements for safe transportation *before* you drink

There is no safe limit of alcohol to consume and drive. When choosing a designated driver, choose someone you can count on to provide safe, alcohol-free transportation, not someone that will commit to drinking less alcohol than those being transported.



If you do not have absolute confidence that your options for designated driver will remain alcohol-free, arrange to take public transportation. A decision as important as your safety, and the safety of others on the road, is much too important to be made while intoxicated.

www.madd.org

Turkey and Sweet Potato Wrap

Here is a tasty treat that makes use of holiday leftovers. The kids will not complain about this creative use of turkey and sweet potatoes!

Makes 8 servings

Prep Time: 20 min

Cook Time: 20 min

Ingredients

- 1 medium onion, finely chopped
- 1 medium sweet potato, peeled and cut into 1/2-inch pieces
- 1 (14-ounce) can low-sodium, reduced-fat chicken broth
- 2 tablespoons diced celery
- 1/2 teaspoon salt, optional
- 1/2 teaspoon sage
- 1/8 teaspoon pepper
- 2 cups boneless cooked turkey, cubed
- 3/4 cup dry stuffing mix
- 8 (10-inch) whole wheat tortillas
- 2 cups shredded reduced-fat Cheddar cheese
- sliced jalapeño peppers, for garnish (optional)



In a large saucepan, place onion, sweet potato, chicken broth, celery, salt, sage and pepper. Bring to a simmer, over medium-low heat, and cook 10 minutes or until vegetables are softened.

Stir turkey and stuffing mix into vegetable mixture and heat 5 minutes, stirring frequently or until heated through and mixture has thickened.

Heat 1 tortilla in a dry skillet over medium heat; sprinkle with 1/4 cup of cheese and top with 1/2 cup of the filling. Allow cheese to melt for 10 seconds and remove from skillet. Fold in two opposite edges of tortilla one inch each and roll up. Repeat with remaining tortillas. Place seam side down on serving plate. Top with sliced jalapeño peppers, if desired.

Nutritional Facts per serving for individual food recipe:

Calories: 330

Total Fat: 7 g

Saturated Fat: 3.5 g

Cholesterol: 40 mg

Sodium: 670 mg

Calcium: 25% Daily Value

Protein: 26 g

Carbohydrates: 51g

Dietary Fiber: 5 g

Recipe created by Chef Priscila Satkoff, chef/owner of Salpicón, Chicago, on behalf of 3-A-Day™ of Dairy. www.3aday.org

Email Tip: Signatures

Setting up signatures in your email program ensures that recipients are able to contact you via phone, postal “snail” mail, or fax if needed.

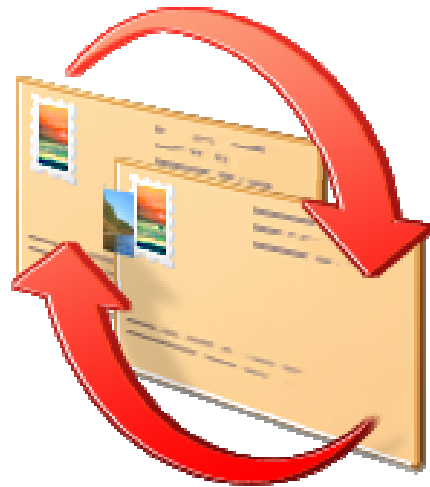
Not sure how to set up a signature? Search the help function of your email program for “signature.” Follow the directions to set up signatures for both emails you originate and those to which you reply.

Signatures should include:

- Name
- Company
- Title
- Address
- Phone Number

and any additional contact information, such :

- Fax Number
- Cell Phone
- Website Address



Effective Relationships...an Essential Skill

It is tempting to think that life would be a lot easier if not for “all those people” (co-workers, bosses, customers, etc.) who are so demanding and frustrating. Smart people know that to become prosperous at work they must become skilled at “connecting” with people, even those they have conflicts with.



Water Cooler Wisdom: How Smart People Prosper in the Face of Conflict, Pressure, and Change”