Practice Resilience During the Holidays

The holiday season, which is regarded as a time of celebration, often feels less than cheerful for many people due to the intensified focus on family, work or money. As we approach the season, many may feel their stress, anxiety and tension levels rise. The holidays can also bring up feelings of grief for many people who are reminded of loved ones no longer with them to celebrate.

Despite the strong waves of emotion during this time, practicing and cultivating resilience can help you protect yourself. Most often, resilience is thought of as an ability to “bounce back” from difficult experiences. However, resilience can also relate to an ability to protect ourselves from the negative effects of stressors, such as depression, anxiety or substance abuse.

Resilience is a learned skill; therefore, you can train yourself to be resilient by regularly practicing new ways of responding to everyday challenges. To build your resilience and deal effectively with holiday stress, the American Psychological Association recommends the following:

**Identify holiday stressors:** Determine what holiday events or situations trigger stressful feelings. Are they related to work, home, relationships or something else?

**Recognize how you deal with stress:** Determine if you are relying on unhealthy behaviors like smoking, overeating or overspending to manage stress. Is this a behavior you rely on year-round, or is it specific to holiday stress?

**Take care of yourself:** Self care during the holiday season helps to keep your mind and body primed to deal with stress. Engage in holiday activities that you enjoy and find relaxing. Be sure to exercise regularly, eat healthy and get enough rest and sleep.

**Remember what's important:** When your holiday expense list is running longer than your monthly budget, scale back and remind yourself of what makes the holidays a happy time for you. Encourage family and friends to make gifts this year.

**Ask for support:** Accepting help from those who care about you and will listen to you strengthens your resilience and ability to manage stress. Use the holidays to reconnect with friends and family and strengthen your support network.

If you feel overwhelmed by stress, consider seeking professional help. Specialized professionals, such as those at the Faculty Staff Assistance Program, can offer strategies to help you manage stress, change unhealthy behaviors and address emotional challenges.

*Melissa Morgan, MS, HFS, Wellness Specialist*

*Source: www.apa.org*

For the latest information on the H1N1 and seasonal flu shots, visit www.emory.edu/flu.
Cigarette smoking is the number one preventable cause of disease and death in the United States (Healthy People 2010). In addition to the longer-term health consequences and exposing others to secondhand smoke, quitting or reducing cigarette use makes sense for many other reasons. Positive physiological changes, such as a drop in heart rate and increased lung function, happen directly after an individual stops smoking. Other immediate perks include better breath, whiter teeth, enhanced sense of taste and smell, more energy, and financial savings. However, despite the benefits of smoke free living, 21% of adults 18 and over currently smoke (CDC).

Quitting can be difficult. Developing a plan (see “Quitting Smoking: How to Create a Plan for Success”) can help make the process easier. Other available resources include:

**FSAP:** Counseling and support to help individuals identify triggers and coping strategies as well as develop a plan to quit. Learn more at [www.fsap.emory.edu](http://www.fsap.emory.edu).

**Freedom From Smoking Courses:** An 8-week program designed to avoid the usual pitfalls associated with quitting. See page 4 for more information.

**The Great American Smokeout:** An event that helps smokers quit for at least one day. Visit [www.cancer.org](http://www.cancer.org) for more information.

**Your Healthcare Provider:** Prescription smoking cessation drugs can help people quit. In 2010, Emory will add a number of these medications to the Tier Zero list (100% coverage). Visit: [www.hr.emory.edu](http://www.hr.emory.edu) or the Health Spotlight at [www.hr.emory.edu/healthspotlight](http://www.hr.emory.edu/healthspotlight) for more details.

**Friends, Family and Colleagues/Coworkers:** Many individuals who have quit smoking say that a support system was integral to their success.

**Georgia Tobacco Quit Line (1-877-270-7867):** A toll-free resource in which callers talk with a trained counselor who will help them develop a quit plan and offer additional support and resources.

Alyssa Lederer, MPH, CHES, Health Educator

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We all know that there are many good reasons to quit smoking. But, actually doing it is another thing all together. Having a good plan in place can be the key to success. Here are some simple steps to create a plan that works for you:

**Get motivated:** Think about the benefits you hope to gain from quitting smoking. Post this list in several places (at home, at work, in your car) for motivation.

**Set a date:** Take a look at your schedule and pick a date, no more than 10 days away, as your “quit day.” Think of any upcoming social engagements or work commitments that would make quitting hard, and choose another day to quit.

**Think ahead:** Think about any situations, people or stressors that make you want to smoke. Then, come up with a plan in advance for how to deal with those situations.

**Find other means of relief:** If you tend to smoke to deal with stress, plan to use other stress busters when under pressure. Try activities like walking, yoga or deep breathing to manage stress.

**Tell someone:** Think of co-workers, family or friends that would be willing to encourage you during this time. Tell them that you are trying to quit and let them know how to help motivate you.

If you need more coping strategies, consider seeking professional assistance.

Tara Cox, MPH, RD, Wellness Specialist

Sources: [www.lungusa.org](http://www.lungusa.org) and [www.cancer.org](http://www.cancer.org)
Nutrition Spotlight

Surprise Everyone with Homemade Cranberry Sauce

The holidays are fast approaching. Nothing says “holiday season” more than turkey, stuffing and cranberry sauce. Make every part of your meal special - consider making homemade cranberry sauce. After all, the holidays only come around once a year. Try this simple recipe and I promise you will never go back to the canned stuff again.

Basic Cranberry Sauce
Yield 14 servings (serving size: 2 tablespoons)

Ingredients
1/2 cup packed dark brown sugar
1/2 cup fresh orange juice (about 2 oranges)
1/4 cup water
1 1/2 tablespoons honey
1/8 teaspoon ground allspice
1 (12-ounce) package fresh cranberries
1 (3-inch) cinnamon stick

Preparation
Combine all ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 12 minutes or until mixture is slightly thickened, stirring occasionally. Discard the cinnamon stick; cool in refrigerator overnight.

Nutritional Information: 54 Calories, 0.0g Fat, 0.1g Protein, Carbohydrate: 13.6g, Fiber: 0.9g, Cholesterol: 0.0mg, Iron: 0.2mg, Sodium: 3mg, Calcium: 8mg

Source: Cooking Light, NOVEMBER 2007

A Holiday Extra

Keep Your Vocal Chords In Perfect Harmony This Holiday Season

The holidays are a time for family, celebration, good times and cheer. But singing, large family gatherings and ringing in the New Year paired with dry air, cold temperatures and poor vocal hygiene can add up to some real trouble. Here are some tips for keeping your voice healthy for the holidays:

• Drink plenty of water, at least eight to ten glasses daily.
• Practice restraint in noisy situations like sporting events, parties or restaurants.
• Watch your posture. Sit up and allow your voice to receive good breath support. Don’t cradle the phone on your shoulder while speaking.
• Limit your intake of alcohol, caffeine and spicy foods. Not only are they drying, but they can also increase acid reflux that can affect your voice.
• When using a cell phone, watch the volume of your voice. Use an earpiece to reduce your tendency to shout.

• If you have significant vocal demands, seek professional guidance on healthy vocal behavior.
• If you have laryngitis, give your voice a rest to allow for a more rapid recovery.
• If you have experienced prolonged hoarseness (longer than two weeks), consult your physician.

Contact the Emory Voice Center at 404-686-1850 or visit www.emoryvoicecenter.org for more information or an evaluation.

Adam Klein, MD, Assistant Professor, School of Medicine
Department of Otolaryngology, Emory Voice Center
Wellness Calendar

**FSAP Programs**
Open to EU and EHC employees

**Solutions to Basic Budgeting**
Tuesday, November 10
3 p.m. - 4:30 p.m.
1599 Building, Conference Room 1A (visitor parking is available)
Facilitator: Robin Huskey, Manager of Education and Outreach, FSAP

During this time of increased economic uncertainty, we are all reminded that managing our financial resources carefully is one way we can take better care of ourselves. This course will explore strategies to assist you in knowing where your money is going. Various budgeting tools for assistance with money management will be provided. In addition, strategies for managing the emotional barriers of financial stress will be shared.

**Registration Deadline: Tuesday, November 3.**

**Exploring Faculty Retirement Issues: Is There Life After the Academy?**
Thursday, November 19
Noon - 1:30 p.m.
1599 Building, Conference Room 2A (visitor parking is available)
Facilitated by Dr. Pauline Rose Clance, retired faculty, GSU Psychology Dept.

Faculty members devote much of their lives and identity to the Academy. As they approach retirement they often face unique and special challenges. This workshop will explore some of these issues, including beginning to contemplate retirement, the actual letting go process, the exploration of opportunities and interests and the journey of life after retirement.

**Registration Deadline: Thursday, November 12.**

**Call the Emory Wellness Center at 404-727-4328 to register or for more information.**

**Freedom From Smoking**
Tuesdays, November 17, 2009 – January 5, 2010
(8-week program)
Blomeyer Fitness Center
1525 Clifton Road, 5th Floor Conference Room
Cost: $50.00
To register, contact Tara Cox, Wellness Specialist, at tara.cox@emory.edu or contact FSAP at 404-727-4328.