

# NEWSLETTER

## Tips to Prevent Holiday Stress



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# Tips to Prevent Holiday Stress

**Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

**Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

**Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

**Don't forget to exercise.** Exercise and other physical activity produce endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn reduces stress. Meditation, acupuncture, massage therapy, even breathing deeply can cause your body to produce endorphins.

**Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

**Want to find out how Physical Therapy can help you? Call us at 866.320.3562 or visit [achieve-therapy.com](http://achieve-therapy.com) today!**

# 5 Health Tips For The New Year

**1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

**2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

**3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

**4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

**5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



## Exercises of the Month

Try these movements if you are experiencing aches & pains

### PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground.



 SimpleSet Pro  
www.simpleset.net

### PLANK FOREARMS AND KNEES

Position yourself on forearms and knees. Make your body flat as a plank from head to feet. Keep trunk engaged, do not let lower back arch.



Relieves Aches & Pains

# Staff Spotlight

**My name is:** Briana Shawstad

**I was born in:** Fargo, ND

**But now I live:** Grand Forks, ND

**The best part about my job is:** Getting to work with so many amazing people. Not only staff, but the patients and members that come in every day. Healthcare is constantly evolving and changing and providing people with the best experience is what we strive for.

**I'm inspired by:** The people I work with every day, making sure patients and members feel like they are noticed and recognized.

**My best kept secret is:** (I have to think about this)

**I collect:** I could say that I am a collector of water bottles; definitely don't have any more room in the cupboard

**I never leave the house without:** My purse, it holds all the best treasures

**If I could live in any decade it would be:** I would've liked to be a teen/young adult in the 80's



**Because:** Big hair, lots of hairspray, high waisted jeans, Hip-Hop

**The person I'd love to meet (dead or alive) is:** The first thing that comes to mind is Mark Wahlberg otherwise I'd love to meet Hank Voight (TV show Chicago P.D)

**Because:** Marky Mark...well I mean look at him, Hank Voight is dreamy and a real inspiration to those who follow law enforcement.

**If I could wear only 1 color it would be:** Haha well I do wear a lot of black and grey, so one of those.

**On Sunday afternoon, I like to:** Watch Chicago P.D. or Grey's Anatomy, relax and get ready for the week ahead.

**If I were stranded on a desert island, I'd take these 3 things:** Logically I would take a knife (to hunt fish, cut trees), a life straw thingy (you can put the straw in any water and it filters it so it's drinkable), and a pair of good shoes!

**I love:** My friends, family and soon to be husband. I love reading and being outdoors. Going to the lake and swimming. I really love watching movies while eating popcorn and treats.

## Refresh your life this year with new insurance benefits

With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Achieve Therapy and Fitness help you on your journey to becoming strong, healthy, and active in 2021.

*Take the Challenge to Become a New and Improved You!*

**Schedule your Free Personal Training Consult**



## Seasonal Recipe

### NO-BAKE CHOCOLATE PEPPERMINT BALLS

#### Ingredients

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- ½ tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

#### Directions

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

Recipe: <https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>