

## Prioritize Your Mental Wellbeing This Holiday Season!

Whether you're gathering with loved ones, staying home, or traveling during the pandemic this holiday season, here are some tips to put your mental wellbeing first:

### **Be realistic and don't worry about perfecting the ideal holiday.**

Whether you are hosting or attending (or staying home altogether) – set realistic expectations for what you'd like your holiday to look like. This way, you won't be disappointed when you don't see certain family members or normal holiday traditions don't happen this year. Do what is best for you and your family and don't be afraid to say no.

**Focus on non-materialism.** This has been a particularly hard year for everyone, so taking a break from the expectation of gifts might be a welcomed change. Instead, focus on the things that truly matter, such as meaningful relationships, hopes, dreams, self-care, and improving the community around you.

**Start new traditions.** Make a new recipe, watch holiday movies, make homemade decorations or, if you can, volunteer in your local community. If you can't be inside together, try taking

a walk or hike outside – bundled up of course – or have a bonfire in the backyard while you sip on hot cider or cocoa! If you can't be together in person, set up a video call to check in with loved ones or watch a holiday movie together online.

**Leave the guilt behind.** Everybody everywhere is connected by the worldwide changes we are going through together. It's likely many do not know the right thing to do this season. So, if you're not able to meet some holiday obligation set upon you, do not feel bad if it goes awry or you don't feel comfortable. Remember what is important this season: joy, love and celebration. So put on your holiday socks, bake some cookies, and dance to some uplifting holiday tunes!

**Be aware of your breaking points.** Unfortunately, the holiday season can be triggering and push us past our breaking points. It's important to be aware of yours, so when you're coming close to it, you can stop and take a

breather, then avoid those things in the future.

**Practice moderation.** The holidays are not an excuse to overindulge in your favorite things (e.g., drinking or eating too much). It's important to enjoy your favorite dish or have a glass of your favorite drink in moderation. So, go ahead; have your cake and eat it, too – but just have a slice and not the whole thing.

**Take care of yourself.** It's OK to take time out just for you. Make sure you're getting enough sleep, eating right, and keeping up with your exercise routine. These things are critical when managing stress and are an investment in your mental and physical wellbeing, which pays off in the long term.

"12 Tips to Keep Joy in the Holidays," John M. Grohol, Psy.D, psychcentral.com, Oct. 8, 2018.



# Maple Mashed Sweet Potatoes

A simple and delicious holiday recipe!

**Prep Time:** 5 minutes

**Cook Time:** 1 hour

**Total Time:** 1 hour, 5 minutes

## Ingredients

- 3 medium sweet potatoes
- 2 tablespoons maple syrup
- 2 tablespoons light butter
- 3 tablespoons non-fat plain yogurt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

## Instructions

1. Preheat the oven to 350 F.
2. Pierce each sweet potato several times with a knife and place them on an aluminum foil lined rimmed baking sheet.
3. Bake until the sweet potatoes are very tender when pierced with a fork (about one hour).
4. Remove the sweet potatoes from the oven and let them cool until they are able to be handled.
5. Remove the skins from the sweet potatoes, if desired, and add them to a large bowl along with the remaining ingredients.
6. Using an immersion blender or potato masher, blend all the ingredients together until the sweet potatoes are completely mashed.

Adapted from: [chocolateslopes.com](http://chocolateslopes.com)

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## THE DIFFERENT TYPES OF DIABETES

November is designated as *Diabetes Awareness Month*, a time to bring awareness to the common types of diabetes: type 1, type 2 and gestational. As discussed in previous newsletters, diabetes affects one in 10 Americans and about 84 million others are at risk of developing type 2 diabetes. All three types of diabetes are very different, however, they all deserve attention and awareness.

Type 1 diabetes, previously referred to as juvenile or insulin-dependent diabetes, can develop at any age but more commonly in children and young adults. This type of diabetes develops when your body does not produce insulin and thus, insulin injections are required lifelong every day. Type 2 diabetes typically develops in middle-aged and older individuals but can also occur in childhood. This type of diabetes develops when your body does not make or use enough insulin and thus, insulin may or may not be required to manage it. Gestational diabetes develops in about 10% of pregnancies in the U.S. but is a temporary condition. Most of the time, this type of diabetes goes away after delivery, however, it increases your risk of developing type 2 diabetes later in life.

"What is Diabetes?", [niddk.nih.gov](http://niddk.nih.gov), accessed Oct. 7, 2020.

For resources and support related to type 1 diabetes, visit:

- [American Diabetes Association](http://AmericanDiabetesAssociation.org)
- [JDRF](http://JDRF.org)

Visit our recent newsletter articles for more information on living with type 2 diabetes:

- [Living Well With Diabetes: Just Diagnosed](#)
- [Living Well With Diabetes: Managing Your Diabetes Through a Healthy Lifestyle](#)
- [Living Well With Diabetes: Myths vs. Facts](#)

For additional resources on Gestational Diabetes, visit:

- [American Diabetes Association](http://AmericanDiabetesAssociation.org)