

ATCPHD HEALTH CONNECTIONS

HEALTHY HOLIDAY DINNER IDEAS

THIS HOLIDAY SEASON, TRY ADDING SOME HEALTHY OPTIONS INTO THE MIX OF DISHES SERVED. ROASTED VEGGIES OR A FRUIT TRAY ARE GREAT OPTIONS! A FEW HEALTHY ADDITIONS TO THE TABLE CAN HELP KEEP YOUR HEALTH GOALS ON TRACK!



PREVENT FIRES AT HOME

WITH THE HOLIDAYS APPROACHING, EXTRA TIME SPENT IN THE KITCHEN, AND COLDER WEATHER, IT'S IMPORTANT TO BE PREPARED FOR ANY ACCIDENTAL FIRES.

FOLLOW THIS GUIDE:

- CHECK THE BATTERIES IN SMOKE AND CARBON MONOXIDE DETECTORS.
- MAKE SURE YOUR FIRE EXTINGUISHER IS IN WORKING CONDITION.
- STAY IN THE KITCHEN WHEN FRYING, GRILLING OR BROILING FOOD.
- STAY AT HOME WHILE SIMMERING, BAKING, ROASTING OR BOILING FOOD.
- KEEP PETS OFF COOKING SURFACES AND COUNTERTOPS.



- FIX OR REPLACE FRAYED EXTENSION CORDS, EXPOSED WIRES, OR LOOSE PLUGS.
- MAKE SURE WIRING IS NOT UNDER RUGS, ATTACHED BY NAILS, OR IN HIGH TRAFFIC AREAS.
- AVOID OVERLOADING OUTLETS AND EXTENSION CORDS.

DIABETES AND YOUR HEART

DIABETES, THE EIGHTH-LEADING CAUSE OF DEATH, OCCURS WHEN YOUR BLOOD SUGAR (GLUCOSE) LEVELS BECOME TOO HIGH. THIS HAPPENS BECAUSE YOUR BODY DOESN'T PRODUCE ENOUGH INSULIN (A HORMONE) OR CAN'T USE IT EFFECTIVELY TO MAINTAIN NORMAL BLOOD SUGAR LEVELS.



TIPS TO CARE FOR YOUR HEART WITH DIABETES

- CHECK IN WITH YOUR DOCTOR REGULARLY. ASK ABOUT YOUR HEART HEALTH.
- CONTINUE HEALTHY EATING HABITS. ADD FRUITS AND VEGGIES AS A START. EATING BETTER WILL HELP YOU **FEEL** BETTER.
- KEEP MOVING—BY YOURSELF OR WITH A FRIEND!
- SELF-CARE CAN BE HEART CARE. LOWERING YOUR STRESS IS GOOD FOR YOUR MIND AND BODY.
- STOP SMOKING.
- MONITOR YOUR BLOOD SUGAR, BLOOD PRESSURE, CHOLESTEROL, AND WEIGHT.
- TAKE MEDICATION(S) AS PRESCRIBED.

DE-STRESS AFTER THE HOLIDAY

THE HOLIDAYS CAN BE STRESSFUL, SO MAKE SURE TO PRIORITIZE YOUR MENTAL HEALTH.

HERE ARE TIPS TO DE-STRESS AFTERWARD:

- TAKE BREAKS AND PRIORITIZE YOUR NEEDS.
- EMBRACE IMPERFECTIONS.
- MAINTAIN HEALTHY HABITS.
- CREATE A CALMING ENVIRONMENT.
- PRACTICE SELF-CARE, LIKE MEDITATION.

