

LIVE WELL



WORK WELL

Health and wellness tips for your work and life—
presented by Insurance Office of America (IOA).

AAP Releases Updated Safe Sleep Guidelines

The American Academy of Pediatrics (AAP) recently released [new guidelines](#) designed to help reduce the risk of sudden infant death syndrome (SIDS) and other types of sleep-related infant deaths, which are also known as sudden unexpected infant deaths (SUIDs). SIDS is the leading cause of death among infants between 1 month and 1 year of age, with 90 percent of SIDS cases occurring before an infant is 6 months old.

The new report suggests that:

- Infants should sleep in the same room as their parents, but in separate beds, for at least the first six months of their lives.
- Infants should never sleep on a soft surface, such as an armchair or couch.
- Infants should be placed on their backs to sleep on a firm surface with a tight-fitting sheet.
- Parents should avoid putting an infant in a crib with pillows, loose sheets, blankets or other soft surfaces.

For more information, visit the AAP's [website](#).

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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The Connection Between Office Camaraderie and Your Health

Getting along with your co-workers can make the task of going to work more enjoyable and, according to recent research, can actually improve your health.

The Society for Personality and Social Psychology analyzed 58 studies of more than 19,000 people from different parts of the world and published its findings in the *Personality and Social Psychology Review*, an academic journal. The report also explains that when individuals identify and are invested in relationships with their colleagues, workplace productivity increases, employee morale increases and burnout levels decrease.

If you have not already done so, consider taking steps toward building professional, positive relationships with your co-workers. Use the following tips to develop positive relationships with your colleagues:

1. Be friendly and encouraging
2. Be supportive of other people's work
3. Initiate conversations, repeated interactions and communications
4. Be respectful to your co-workers and their space
5. Participate in activities that don't involve work
6. Maintain a positive attitude as much as possible



SQUASH SOUP

- 1 Tbsp. olive oil
- 2 medium-sized onions, chopped
- 2 medium-sized carrots, chopped
- 2 garlic cloves, minced
- 1 cup canned tomato puree
- 5 cups low-sodium chicken or vegetable broth
- 4 cups cooked winter squash
- 1 ½ Tbsp. dried oregano
- 1 ½ Tbsp. dried basil

PREPARATIONS

1. In a large saucepan, warm olive oil over medium heat.
2. Stir in onions, carrots and garlic.
3. Cook for about five minutes.
4. Stir in the tomato puree, chicken or vegetable broth, cooked squash and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	123
Total Fat	4 g
Protein	6 g
Carbohydrates	20 g
Dietary Fiber	4 g
Saturated Fat	1 g
Sodium	92 mg

Source: USDA

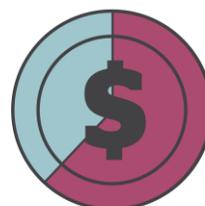
Reduce Your Holiday Stress

The holidays can bring joy, but they can also bring stress. Whether you are worried about money, gift-giving or finding enough time to get everything done, using the following coping mechanisms can help you manage and reduce your holiday stress.

- **Get organized**—Writing down the things you need to do or places you need to be can help you visualize your to-do list and make it seem much more manageable.
- **Know that it's OK to say "no"**—If attending an event that isn't important to you will interfere with you getting work done or running errands, just say "no" politely.
- **Create and stick to a budget**—Money is one of the biggest holiday stressors for people. Set a realistic budget this holiday season and don't go over it.
- **Ask for help when you need it**—You don't have to decorate, wrap presents or cook by yourself. Ask friends or family members to help you complete these tasks.



67 percent
of Americans report lack of time as a holiday stressor





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One way to avoid snacking while cooking is to chew gum while preparing the food.

HOLIDAY STRESS: EATING HEALTHY

Holidays such as Thanksgiving, Christmas and New Year's bring to mind thoughts of family, friends, fun and food. However, each year, millions of Americans struggle to maintain their waistlines during the holidays while surrounded by tempting holiday treats.

Holiday Parties

By following the healthy tips below, you can enjoy all your holiday parties, while also staying in control of your weight.

- Do not leave the house on an empty stomach—it encourages overeating.
- Avoid standing near the food table at parties, since it's a sure-fire way to overindulge.
- Make socializing your top priority; conversation will keep you occupied and away from the food.
- Limit your drinking because alcohol can increase hunger and lower your willpower.
- Provide a low-calorie alternative. For example, if you have volunteered to bring a dessert, bring fruit drizzled with chocolate instead of a cheesecake.
- Listen to your stomach. Reduce your portion sizes and stop eating when you feel satisfied rather than stuffed.

Cooking and Baking

If you are the one hosting, use that to your advantage. Hosting puts you in control of what will be served. For example, substitute high-fat or calorie-laden ingredients with healthier choices, such as by using plain greek yogurt in place of sour cream or an egg substitute rather than a whole egg.

There can also be a downfall when it comes to hosting: the temptation to sample the food while you are preparing it. To resist the urge to snack while cooking, try the following

tips:

- Chew a piece of sugar-free gum or sip tea to reduce your urge to sample while you cook.
- Prepare foods on a full stomach. You will not be as tempted to taste what you are making if you are full.

Cocktails and Beverages

Before you reach for the eggnog, remember that some mixed drinks may have as many calories as a dessert. Keep the following suggestions in mind when indulging in holiday spirits:

- Pace yourself by drinking water or seltzer between alcoholic drinks. The more alcohol you drink, the more your temptation to snack increases.
- Try ice water with lemon or non-caffeinated soft drinks.
- Consume mixed drinks with diet soda, club soda or tonic when possible.

By following the strategies above, you can avoid putting on holiday weight and improve your well-being.





Live Well, Work Well

To keep travel worries from ruining your holiday plans, learn to reduce your stress by planning ahead.

HOLIDAY STRESS: TRAVELING

The holiday season is the busiest time of the year for long-distance travel. Flights are often overbooked and highways are overcrowded, which can add stress to the season.

Keep Your Sanity

To keep travel worries from ruining your holiday plans, reduce your stress by planning ahead. Use the following tips to help you stay in control during your trip.

If you are flying:

- Do not delay purchasing tickets. Make your reservations well in advance to make sure you have many flight times, prices and seats to choose from.
- Choose your ticket wisely. Travel on off-peak days and during early morning hours whenever possible. Airports tend to be less crowded during these times, which will make it easier to get another reservation if your flight is cancelled.
- Call or check online to confirm that your flight is still on time before leaving for the airport.
- Check in for your flight online, if possible, to avoid waiting in line at the airport.
- Stay hydrated. Drink water frequently to avoid jet lag.
- Pack wisely. Avoid checking luggage, but if you have to, keep prescriptions, glasses and other overnight basics in your carry-on bag in case your luggage gets lost. Keep in mind that most airlines charge fees for checking luggage.
- Fight boredom. Pack activities to help pass the time, especially if traveling with children.

If you are driving:

- Be prepared. Have a mechanic examine your vehicle before your trip. Also, be sure to pack emergency and first aid supplies in case your car breaks down.
- Know your route. Plot out your route before leaving, and bring a map. Make sure your phone is fully charged if you plan on using smartphone maps or bring along a GPS.
- Save time. Try to do most of your driving during non-rush hour times to avoid the bad traffic.
- Take a break. Rest every two hours and limit yourself to eight hours of driving each day. Stop at rest areas to walk around and stretch. Make more frequent stops if traveling with small children or pets.
- Lay off the caffeine. Drink plenty of water and eat balanced meals. Drinking caffeine may make you crash a few hours later.
- Wear safety belts at all times. When used correctly, they significantly reduce the number of serious traffic injuries and fatalities.

By following the tips above, you can minimize the stress associated with holiday travel.

