STALE TALK
Your source of health news, events and tidbits
December: Happy Holidays

Stay Healthy During the Holidays

1. Be realistic. Set your goal at maintaining your weight during the holidays.
2. Make time for exercise. This will help burn off some calories, give you energy, & help lessen holiday stress.
3. Do not arrive at holiday parties hungry! Eat a light meal before a party and you will be more in control and eat less.
4. Limit your alcohol intake to one to two drinks. Calories from alcohol add up quickly.
5. Be sociable. Enjoy the company of family and friends. The more you talk, the less you will eat.
6. Fill up on vegetables and fruits. They may help you feel full and leave less room for high-caloric, tempting treats.
7. Bring a healthy dish to holiday parties.
8. Drink plenty of water. Alcohol and coffee can dehydrate your body.
9. Watch your portions. Treat yourself to holiday foods without guilt, but try smaller portions. This way you can sample all the different foods.
10. Find fun ways to stay active, like dancing to your favorite holiday music.

Stress Management Tips

• Manage your time. Being too busy is a big source of stress.
• Exercise. It’s a great stress buster.
• Get plenty of rest and eat well. You’ll be able to handle stress better when it does come up.
• Discuss your problems with a friend or family member.
• When stress hits big, take a time-out. A few minutes away from the problem can help.
• Breathe deeply -- slowly in, slowly out. Think of something pleasant.
• Ask for help. If you feel like your stress is just too much, talk with your family, a friend or a counselor.

HOLIDAY SAFETY TIPS

• Choose holiday decorations that are flame resistant.
• Replace any string of lights with broken cords or loose bulbs.
• Keep lit candles away from decorations.
• Use clips instead of nails to hang lights so cords don’t get damaged.
• Use no more than 3 sets of lights per extension cord.

Fire Safety

Winter is a time when household fires occur. It is a good time to:
• Buy and install smoke detectors on every floor of your home and carbon monoxide detectors near sleeping areas.
• Test smoke alarms monthly and replace batteries twice a year.
• Practice fire drills with your family.

Winter Driving

- Don’t drive if you’re tired.
- Don’t warm up a vehicle in an enclosed area, such as a garage.
- Make sure your tires are inflated.
- Drive slowly: Accelerating and stopping takes longer in the snow.
- Keep your gas tank at least half full to avoid gas line freeze-up.
- Don’t use cruise control when driving on any slippery surface.
- Keep emergency gear in the car.
- Always wear your seat belt.

Save Your Pop Tabs!
The American Medical Student Association is collecting pop tabs for the Ronald McDonald House Charity at the BTSU Info Station & Tray Station & the Rec Center Front Desk! Our goal is one million pop tabs for the holiday season!

BGSU Text Message Alert System
Sign up now for Alert BG!
You will receive text messages to warn of such situations as campus emergencies, building closures, severe weather and classes canceled.
To Sign up visit the MYBGSU site.

Free & Confidential
Appointments Available
Fridays 9:30 am - 3:30 pm
Call the Wellness Connection at 419-372-9355 to schedule an appointment!

Just Breathe

Meditation and breathing exercises can help you cope with stress! They help to clear your mind & feel grounded during stressful situations.

Brought to you by the Wellness Connection
with the Department of Recreation and Wellness, Division of Student Affairs
214 Student Recreation Center ◆ Phone: 419.372.9355 (WELL) ◆ www.bgsu.edu/wellness