



Mindful Holidays: Supporting Body and Mind

An introductory presentation on mindful practices during the holidays to support mental and physical health.

Mindful eating and stress management techniques can support mental and physical health during hectic holiday seasons. Taking a few minutes to pause and check in with your body's hunger signals, chewing food slowly, and practicing deep breathing can transform hurried meals into opportunities for nourishment and renewal.



Mindful Eating



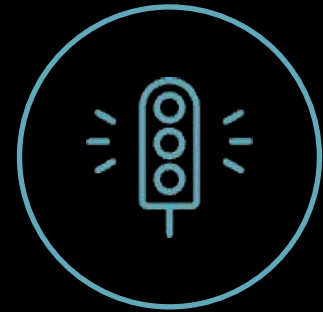
Awareness of eating

Paying full attention to the experience of eating - the tastes, smells, textures, and appearance of food



Eating slowly

Taking the time to thoroughly chew and savor each bite



Stopping when full

Recognizing when you are no longer hungry and avoiding overeating

Mindful eating promotes a healthy relationship with food and supports overall wellbeing.

Holiday Eating Tips

- **Plan Your Meals:**

Before heading to holiday gatherings, plan what you're going to eat. This helps you make smarter choices and manage portions.

- **Eat Mindfully**

Slow down and savor your food. Listen to your body's hunger and fullness signals to avoid overeating.

- **Control Portions:**

Use smaller plates and avoid second helpings to keep your portions in check.

- **Cook at Home:**

When you prepare your own meals, you control what goes into them. Home cooking is often healthier than restaurant meals.

- **Make Healthy Swaps:**

Get creative with traditional recipes. Use healthier ingredients like Greek yogurt instead of sour cream or whole wheat flour instead of white flour.

- **Stay Hydrated:**

Drink plenty of water. It keeps you full and helps distinguish between hunger and thirst.

- **Balance Your Plate:**

Fill half of your plate with veggies and salads. Balance the rest with lean proteins and whole grains

- **Navigate Social Eating:**

At parties, focus on socializing more than eating. Choose your indulgences wisely and eat a healthy snack beforehand.

Health-Supporting Plate

Healthy Fats

Olive oil, grape seed oil,
walnut oil, avocado oil



Vegetables

Asparagus, bell peppers [all colors], bok choy, Brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, garlic, ginger root, leafy greens, leeks, mushrooms, onions, squash, sweet potatoes, tomatoes, turmeric.

Fruits

Citrus: orange, lemon, lime, grapefruit
Tropical fruits: kiwi, pineapple, mango, papaya

Berries: blackberry, blueberry, raspberry, strawberry

Other: apple, avocado, grapes



Water & Other Beverages



Water, green and black teas,
unsweetened beverages

Whole Grains, Seeds, & Nuts

Cashews, almonds, peanuts,
pine nuts, pumpkin seeds,
Brazil nuts, walnuts, quinoa,
chia seeds, hemp seeds, flax
meal, oats, barley, brown rice

Protein

Wild salmon, fatty fish, shellfish,
grass-fed beef, lamb, legumes
and beans, pastured eggs,
chicken, yogurt

Tips for Mindful Eating

- **Slow down**

Take time to appreciate the look and smell of your food. Eat slowly and mindfully without rushing through your meal.

- **Listen to your body**

Pay attention to your body's hunger cues. Eat when you feel truly hungry and stop when you feel satisfied.

- **Minimize distractions**

Avoid eating while multi-tasking. Silence electronics and make mealtimes device-free.

- **Savor your food**

Take small bites and appreciate the textures and flavors. Fully experience each bite.

- **Reflect on fullness**

Check in periodically to determine your fullness level. Stop eating before feeling overly full.

- **Be Kind to Yourself**

It's okay to indulge occasionally. Don't be hard on yourself if you stray from your diet but bring more mindfulness into your choices and why.

Define Stress

Holiday Expectations

Feeling pressure to meet high expectations for holiday activities and traditions.

Financial Pressures

Stress related to holiday shopping, travel, and entertainment costs.

Lack of Work-Life Balance

Difficulty finding time for everything with disrupted work schedules and added holiday tasks.

Family Conflicts

Challenging family dynamics or conflicts arising during holiday gatherings.

Loneliness

Feelings of loneliness from being away from loved ones or lacking social connections.

Grief and Loss

Painful emotions and stress from missing deceased loved ones during the holidays.

Tips for Managing Stress

Try deep breathing exercises: simple box breathing while taking a pause

Get 7-9 hours of sleep per night- making sleep and sleep hygiene non-negotiable

Exercise regularly- daily movement is essential


Practice mindfulness meditation

Eating nourishing meals

New FLCCC Infographics


FLCCC ALLIANCE

Properties of Green Tea




What is Green Tea?

- Made from the leaves of the *Camellia sinensis* plant, green tea is renowned for its numerous health benefits and properties.
- Epigallocatechin Gallate (EGCG) is one of the most powerful compounds in green tea.




Rich in Bioactive Compounds:

- Polyphenols like flavonoids and catechins function as powerful antioxidants.
- These substances can reduce the formation of free radicals in the body, protecting cells and molecules from damage.




I-CARE Protocol:

- 500-1000 mg daily
- Blocks infection by interfering with the receptor binding domain (RBD) of the viral spikes to angiotensin-converting enzyme 2 (ACE2) receptor of the host cells.
- Omicron subvariants were effectively inactivated by green tea, Matcha, and black tea.



Antioxidant Properties:

- Protect against oxidative stress.
- Reduce the risk of various types of cancer (like breast, prostate, and colorectal cancer), although more research is needed for conclusive evidence.



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Drink Coffee and Prevent COVID-19



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Conclusion

Eating mindfully and managing stress can improve health and wellbeing during the holidays. Key takeaways include slowing down during meals, minimizing distractions, noticing food textures and flavors, and taking time to decompress and relax.

