



Family Health

January 2010 Newsletter

SAD: Beat The Winter Blues

Seasonal affective disorder (SAD) is different from the winter blahs. It is a form of depression that appears at the same time each year. With SAD, a person typically has symptoms of depression and unexplained fatigue as winter approaches and daylight hours become shorter. When spring returns and days become longer again, people with SAD experience relief from their symptoms, returning to their usual mood and energy level. SAD can affect adults, teens, and children.

Like other forms of depression, the symptoms of SAD can be mild, severe, or anywhere in between. Milder symptoms interfere less with someone's ability to participate in everyday activities, but stronger symptoms can interfere much more.

If symptoms are severe, you may need medications, light therapy or other treatments to manage SAD. However, there are some measures you can do on your own that may help, such as:

- Make your environment sunnier and brighter. Open blinds, add skylights and trim tree branches that block sunlight. Sit closer to bright windows while at home, at school, or in the office.
- Exercise regularly. Physical exercise helps relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help.
- Take care of yourself. Get enough rest. Eat regular, healthy meals. Take time to relax and manage your stress.
- Take a family trip. If possible, take a winter vacation and go somewhere warm and sunny.

Benefits of a Healthy Breakfast

Breakfast not only starts your day off right, but also lays the foundation for lifelong health benefits. People who eat a healthy breakfast are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol
- Have better concentration and productivity throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat a healthy breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert, creative, and less likely to miss days of school.

Give these a try:

- Baked oatmeal
- Low fat yogurt with granola and fruit
- Egg Omelet loaded with vegetables
- Fruit smoothie

Prevention Corner

- The **4 Principles of Handwashing Awareness** are: 1) wash when hands are dirty and before eating; 2) don't cough into your hands; 3) don't sneeze into your hands; and 4) don't put your fingers in your eyes, nose or mouth. For more information and fun activities for the kids, visit: www.henrythehand.com/
- What fruits and vegetables are in season during the winter? Check out this list from Fruits and Veggies More Matters: www.fruitsandveggiesmorematters.org/?page_id=795

Kids Corner:

Family Physical Activity Jar

1. Begin with a jar—Use markers to create a label that says “Physical Activity Jar” then attach it to your jar. Next, write physical activities on small slips of paper, fold them in half and put them in the jar.
2. Sample Activities— Play catch, play tag, Jumping Jacks, Yoga, Go for a walk, Go for a bike ride, dance off, fly a kite, tennis, build a snowman, yard work, sit-ups, push-ups, jog in place, ice skating, sledding, kickball, hopscotch, Frisbee, rollerblading, relay race, etc. (get creative). Update the activities often to add season appropriate activities and variety.
3. Play the Game— When ever you are having family time, pull of the jar and take turns choosing a physical activity to do.



FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Baked Oatmeal

2 cups uncooked old fashioned oats
 1/3 cup packed light brown sugar
 1-2 teaspoons of cinnamon
 1/4 teaspoon salt
 1/4 cup raisins

1 teaspoon baking powder
 1 1/2 cups skim milk
 1/2 cup applesauce
 1 1/2 tablespoons butter, melted
 1 large egg, beaten
 1 teaspoon vanilla

1. Preheat oven to 375°.
2. Combine the dry ingredients in a large bowl. Combine the milk, applesauce, butter, egg, and vanilla in a separate bowl. Add milk mixture to the oat mixture; stir well. Pour oat mixture into an 8-inch square baking dish that has been coated with cooking spray. Bake for 20 minutes or until golden. Serve warm.

Source: www.twopeasandtheirpod.com

Fruit & Vegetable Word Search

Try to include these fruits and veggies into your daily diet. More Matters!

P T E U P N H L U P B A E A Q Z E S N M C S T B L
 P E I N Y K G P W L J S H U R M I C N U R T G E I
 O Y A U S P I N A C H P C R M T I L C A H E R T M
 M J D C R S O C U K M A Q P Y D I U O D E E A O E
 E U J C H F K S M O O R H S U M M C O C X B P R S
 G G W P F B E Y O G N A M L I B L J H T C K E R I
 R O H F E R R P Y O H G L O E E O M N O A O S A Z
 A C N R A E L R A X A U Z R M R E Y O G K M R C H
 N P R X L Y R Z O R B S S O A P T D L A C E O B M
 A Y R E J E D E E H G T N N M B H B E W B A B T S
 T K C I B Z A C S A E P G Q H C W O M O M I T P Z
 E N I E K B K U T H Z E Z J U S Q G R X J B M E W
 L R U W O Y S T W C Q A W M O G O P E Z E O E R V
 O L U Y I R H T K S D C E Z S E F L T Q N B L M V
 B G G R E G E E T G N M H Q J G G P A D H I O X O
 F J A P Y I N L X B G I D E O C T Y W E S C N T L
 A E P Y D U U Q K I G Y L M R G C Y G H Z R J H K
 P E H A E D Z O B O W R I Z H R Q F E I B R X W I
 P H B S F O Y R R E B W A R T S Y R W S J Q H B V
 A S A I L W Q S Z S X S P I N E A P P L E T G X Y
 O K C V X Z Z R C G V N V N U P V C Z H P T Z M S
 K F G H I O B A P P L E P J V M O U P Z S F P O H
 U Z E J A Y N Y V H M J W Q O R H Z U K Q E R X C
 H Z B N Q Q Q U A N A N A B N E Z O A P V C R C B
 R L P L U M R A N R W B E W E Y L Q I B M P M O F

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| APPLE | BLUEBERRY | GRAPEFRUIT | MELON | PINEAPPLE |
| ARTICHOKE | BROCCOLI | GRAPES | MUSHROOMS | PLUM |
| ASPARAGUS | CARROT | KIWI | ORANGE | POMEGRANATE |
| BANANA | CELERY | LEMON | PEACH | SPINACH |
| BEANS | CHERRY | LETTUCE | PEAR | STRAWBERRY |
| BEETS | CORN | LIME | PEAS | TOMATO |
| BLACKBERRY | CUCUMBERS | MANGO | PEPPERS | WATERMELON |