

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Tis' the Season

**STRESS LESS WHEN YOU CHOOSE TO DO THE HOLIDAYS ON YOUR OWN TERMS!**

This year, rather than automatically doing what you always do during the holiday season, take a few moments to think through what you would like to get out of it. Would you like to connect with friends and family, grow in your faith, really experience the holiday sights, sounds, and smells, or just have some relaxing downtime? Once you know what you're hoping to experience, you can prioritize how you spend your resources to reach that goal.

Vow that this year, tis the season to do the holidays on your terms, gleaning what is important and leaving the rest behind. Lower the stress and intensify the joy—it's time for peace on earth to reach your household too.

### To Be Joyful

What particular parts of the holiday season make you happy? Take 5 right now and make a quick list. You can add to it later, but those first thoughts are going to be where you want to concentrate your time, energy and financial resources. While you're at it, write down any people or events that are too stressful or just-not-enjoyable that you you'd rather avoid this year.

### To Be Realistic

We are shown images of happy families and friends celebrating the holidays with beautiful elaborate decorations and extravagant meals. Don't let these

cheery images set your expectations too high. They simply do not match reality for many people. You or a family member may be experiencing hardships that don't just disappear for the holidays. Your family simply may not be that happy. You may have unique situations and family members to deal with. It's okay that your holiday experiences don't match the created media images. This is your holiday and you can savor the beautiful moments, big or small.

*My idea of Christmas, whether old-fashioned or modern, is very simple:*  
**LOVING OTHERS.**

BOB HOPE

### To Be Mindful

It's easy to be so busy this time of year that we don't really take time to enjoy any of it. Purposely take a few moments throughout each day to stop and notice the wonder of the season—the decorations, the lighting, the smells, the traditions, and of course family and friends. Little things, like picturing and appreciating the person as you're wrapping their gift or writing their card, can turn a mundane task into a meaningful moment.

### To Be Fiscally Responsible

The financial strain can be one of the

most challenging aspects of the holidays. There are all sorts of opportunities and expectations to buy, buy, buy. There is nothing wrong with a little extra spending if you enjoy it and can afford it, but having debt that takes most of the next year to pay off, is stressful and not fiscally responsible. If you've gone all out on holiday spending in previous years, but are ready to cut back, here are some tips to help:

### Adults

- Let people know that you're planning on scaling back. They will most likely be as relieved as you are.
- You may decide to set a small gift spending limit or enjoy coffee, lunch, or an evening out together in lieu of a gift exchange.
- Take in a plate of edible treats (no-added-sugar) for the entire office to enjoy rather than purchasing individual gifts for people.
- Talk to your extended family about eliminating gifts for those over 16 or have a gift drawing rather than purchasing individual gifts for each adult and/or child.



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## Children

- Talk to your children and let them know you're not spending as much money on gifts this year and the reasons for your decision.
- Plan inexpensive activities with your children so they don't feel like they are missing out on holiday fun. You may want to decorate gingerbread houses (graham crackers and frosting work great), bake and decorate cookies, take a Christmas light tour, read Christmas stories, watch holiday movies, volunteer together, or make holiday crafts together. Few people can remember the gifts they received the previous year, but they remember the memories that were made.



- Don't elaborate. Just say you don't want to.
- Don't be afraid to say it twice. People may think you're saying no to be polite or that you really would like a piece of that torte and will cave in if they keep asking. Just smile and say no a second time.
- If you have to add a reason, keep it simple. No, your torte looks delicious, but I'm following doctor's orders.

behind you at the drive-thru, shovel the neighbor's driveway, put an encouraging note on a co-worker's desk, go visit someone in a nursing home or hospital, or let someone go in front of you at the checkout.

## To Stress Less

Accept the realities that certain situations are less than optimal and there are some people in your life who drive you nuts. People have their own unique characteristics and they are not going to change just because of the time of year. Rather than letting these realities get to you, try your best to let it be what it is. Keep a positive focus and let bothersome people and situations go.

## For Controlled Indulgences

Allowing yourself to eat whatever, whenever you want makes no sense with the abundance of treats surrounding us this time of year. A better approach may be to plan some regular treats that fit into your eating plan, such as:

- Sipping on a cup of sugar-free Alpine Spiced Apple Cider with a cinnamon stick while enjoying an evening with fire or candlelight.
- Bringing no-added-sugar treats to a work, family or friends gathering—you'll be sure to have something you can enjoy.
- Keep 100 calorie packs of nuts, sugar-free cookies or sugar-free candy at work to enjoy. It will be easier to avoid the breakroom sweets.

## To Focus on People, Not Food

Don't stand around the food table at a party. Get out and mingle.

Start or focus on traditions that don't involve food such as playing games, taking a walk together, making holiday wreaths, decorating gingerbread houses, setting up karaoke equipment and entertaining each other, or serving a holiday meal at a shelter.

## SHARING

the holiday with other people, and feeling you're giving of yourself, gets you past all the commercialism.

CAROLINE KENNEDY

## To Be True to Yourself

If you don't want to attend an event, spend money that you don't have, or eat Aunt Beca's famous triple layer torte, don't. Learn to say no politely. Easier said than done, right? It is human nature to be agreeable and kind, but learning to say no is an important skill to hone. If you're struggling to say no, remind yourself of the cost of saying yes. Will a yes cost you calories, dumping syndrome, time, peace of mind, needed rest, or money? Use these tips to become an expert at saying no.

- Practice makes perfect. Practice these sayings: no, no thank you, no thanks, thank you for thinking of me, but I've got too much going on right now, I appreciate the thought, but no thank you, not today—thanks, and not for me—thanks.

## To Be Healthy

Keep up the basics—eat right, get enough sleep, exercise, and manage stress. With all of the extra activity and expectations, keeping your basic health practices in place will help you to better manage.

## To Be Grateful

A grateful outlook has both physical and mental health benefits. Start and end your day by thinking of at least three people, things or situations that you are thankful for. You can keep a journal or just spend some time in thought. This simple act helps you stay focused on the positive and that alone will improve your joy this season.

## For Random Acts of Kindness

Doing good makes you feel good. We all encounter many opportunities for random acts of kindness throughout our day. Watch for them and then simply, take action—pay for the person

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Call a Barix Patient Service Representative  
**800-282-0066**

## Recipes

### Pumpkin Mousse

1 pkg. instant vanilla pudding, sugar-free (6 serving size)  
3 cups skim milk  
½ cup pumpkin, solid packed  
1 tsp. pumpkin pie spice  
½ cup Cool Whip Lite®  
1 cup plain yogurt  
1 tsp. vanilla extract

Mix pudding and skim milk with wire whisk or mixer for 2 minutes. Fold in remaining ingredients. Spoon into cups or stemmed glasses. Garnish with a sprinkle of cinnamon and a dollop of Cool Whip Lite. Makes six servings.

**NUTRITIONAL INFORMATION PER SERVING:** 106 calories, 7 grams protein, 1 gram fat and 207 mg sodium.



## Get Rewarded!

*This month, you could earn a **SPECIAL GIFT** for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. **Tips must be submitted by December 31, 2017.** Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).*

**Blessed is the season which engages the whole world in a CONSPIRACY OF LOVE.**  
HAMILTON WRIGHT MABIE

### Chocolate Peanut Butter Cheesecake Cups

24 mini sized foil baking cups  
Crust ingredients  
10 full sheets graham crackers  
1/3 cup stevia, erythritol, or Splenda  
6 tablespoons butter, melted

#### PB filling ingredients

1/2 cup stevia, erythritol, or Splenda  
3 tablespoons PB 2 or powdered peanut butter  
3 tablespoons reduced-fat cream cheese

#### Chocolate Filling

4 oz unsweetened chocolate  
8 oz reduced-fat cream cheese  
1 3/4 cup stevia, erythritol, or Splenda  
1/2 cup skim milk  
1/2 cup egg substitute  
1 teaspoon vanilla

Preheat oven to 350 degrees F. Using a blender or food processor, crush graham crackers into fine crumbs, then mix well with 1/4 cup sweetener and melted butter. Set aside. Place peanut butter filling ingredients in a bowl and mix until well blended. Set aside.

Melt chocolate in small sauce pan over low heat and set aside. Blend cream cheese and sweetener in a small mixing bowl. Slowly add milk and mix until smooth. Add melted chocolate and stir well. Add egg substitute and vanilla and mix until blended. Set aside.

Place 24 mini sized foil baking cups on a sheet pan. Divide the crust mixture evenly between the cups and firmly press into the bottom. Top with ½ teaspoon of the peanut butter filling. Spoon chocolate mixture on top and tap sheet pan on countertop to remove air bubbles. Bake at 350 degrees for 10-15 minutes until slightly firm to the touch. Chill for 2 hours. Serve and enjoy. Makes 24 servings.

**NUTRITIONAL INFORMATION PER SERVING:** 74 calories, 2 grams protein, 5 grams fat, 6 grams carbohydrate, and 75 mg sodium.