

**WIC WELLNESS WORKS**

# *Holiday*

**SURVIVAL GUIDE**

Coordinator Packet



# Holiday

## SURVIVAL GUIDE

Dear WIC Wellness Works Coordinator,

**H**olidays can be a pressure-filled time for you and your co-workers, making the balance of work and home extra challenging. The additional demands of managing festivities at home along with a strain on the pocketbook can increase stress both at work and home. With the help of the **WWW Holiday Survival Guide**, WIC employees can take pleasure in this time of year while continuing to provide great quality services to WIC participants throughout the season.

The WIC Wellness Works **Holiday Survival Guide** has practical, easy-to-incorporate tips to make this time more “fa-la-la” and less “Bah humbug!” Help your co-workers move their holiday experiences away from the Grinch and toward *It’s a Wonderful Life!*

**Employees will find helpful information in these key survival sections:**

- **Money Management – Help! My Piggy Bank is Almost Empty!**
- **Time Management – Rockin’ Around the Clock**
- **Keeping the Spirit – Giving and Receiving Kindness**
- **Healthy Food Choices – “It took a lot of will power but I finally gave up dieting.”**
- **Physical Activity – “If only exercise was as satisfying as chocolate.”**

Kick things off with a fun activity from the **Holiday Survival Idea List** to get your employees into the spirit. We hope everyone has a swell holiday season!

The UT-Austin Wellness Team

P.S. The UT-Austin Wellness Team would like to thank you for giving the gift of your time, energy, and caring attention to being the WIC Wellness Works Coordinator for your work site. We are so grateful for all that you do and wish you a wonderful holiday season.



## Kindness Cause Challenge!

Capture the spirit of the holiday by adopting a **Kindness Cause**. Have your clinic adopt an organization, host a food drive, donate pet toys to an animal shelter, collect coats for Coats for Kids—the possibilities are endless. You could even walk through a neighborhood park at lunch time and pick up litter. That way, you're getting exercise and helping your community!

## Secret Holiday Pal

Help each other through a busy time at work with extra holiday cheer and kindness. Employees will draw names at the first of the month and then do some act of kindness for the co-worker they selected. Secret Pals could bring their colleague a healthy breakfast or snack, make them a cup of tea or low-fat cocoa, give them a compliment card (see below), or provide some other caring act. Right before the holiday break, the Secret Pal can reveal who they really are! This extra kindness may help your co-workers through tough appointments or simply put smiles on their faces. Plus, research shows that giving to others actually relieves stress for the giver and not just the recipient!

## Gift of Gab

Consider giving compliments instead of gifts! Make **Compliment Cards** readily available for staff and ask everyone to write something wonderful about one of their co-workers. Post these on a holiday bulletin board to cheer staff on all season! If you want to carry this idea one step further, make each employee a "You Rock" or "You're the Best!" book. Feel free to create your own title! At your next staff meeting, pass the books around and ask employees to write kind appreciative thoughts or compliments in each person's book. What a wonderful keepsake that will keep on giving!

## Holiday Exercise Buddy

Why wait until after the holidays to get started on a new exercise routine? Buddy up with a co-worker and schedule walking breaks during the workday or walking dates outside of work. Whether you want to make sure your current physical activity stays a high priority this busy time of year, or you want to kick-start a new physical activity routine, having a buddy will make it easier, especially during the holidays. For those who enjoy competition, challenge other exercise buddies in your agency or clinic, and decide how to reward yourselves at the end of the challenge.



# New Take on an Old Recipe

## Healthy Holiday Treats for Employees and WIC Participants

Organize a healthy potluck and ask your co-workers to bring in their favorite “new and improved” holiday recipe (meaning: tasty and good for you)! Make copies of the recipes for a wonderful holiday WIC gift for everyone!

**Pass it On** – Encourage employees to share their updated, healthy recipes with their WIC participants.

Try these delicious, healthy dishes to get started! Make copies to kick-start your holiday cookbook!

### Barcelona Hot Chocolate

From *Cooking Light*



#### Ingredients:

- 2/3 cup boiling water
- 2 ounces good-quality dark or bittersweet (60 to 70 percent cocoa) chocolate, finely chopped
- 1 1/3 cups 1% low-fat milk
- 1 cup brewed espresso or strong coffee
- 1/4 cup unsweetened cocoa powder
- 1/4 cup packed brown sugar
- 1 2-inch piece orange rind strip
- 1/4 cup frozen fat-free whipped topping, thawed
- Cocoa powder (optional)

#### Preparation:

Combine 2/3 cup boiling water and chopped chocolate in a medium saucepan, stirring until chocolate melts. Add milk and next 4 ingredients (through rind); cook over medium-low heat, stirring with a whisk. Heat 5 minutes or until tiny bubbles form around edge of pan, stirring frequently (do not boil). Discard rind. Pour 1 cup mixture into each of 4 mugs. Spoon 1 tablespoon whipped topping over each serving. Dust with cocoa powder, if desired.

[find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=10000001687649](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001687649)

### Traditional Sweet Potato Casserole

From *Cooking Light*



Yield: 16 servings

#### Ingredients

- 2 1/2 pounds sweet potatoes, peeled and cut into 1-inch cubes
- 3/4 cup packed brown sugar
- 1/4 cup butter, softened
- 1 1/2 teaspoons salt
- 1/2 teaspoon vanilla extract
- 1/2 cup finely chopped pecans, divided
- Cooking spray
- 2 cups miniature marshmallows

#### Preparation:

Preheat oven to 375°. Place the sweet potatoes in a Dutch oven or large covered pot, and cover with cold water. Bring to a boil. Reduce heat and simmer for 15 minutes or until very tender. Drain; cool slightly.

Place potatoes in a large bowl. Add sugar and next 3 ingredients (through vanilla). Mash sweet potato mixture with a potato masher. Fold in 1/4 cup pecans. Scrape potato mixture into an even layer in an 11 x 7-inch baking dish lightly coated with cooking spray. Sprinkle with remaining 1/4 cup pecans; top with marshmallows. Bake at 375° for 25 minutes or until golden.

[find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=10000001673131](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001673131)

## Pass it On:

# *Giving Feels Great!*

**Make copies of this handout for your co-workers so they can pass on these positive compliments to their WIC participants.**

Although you might be experiencing some added stress due to the pressures of the holiday season, your WIC participants may be coping with even more stress in their lives. Try to take a moment with each of your clients to say something kind. Even small acts of kindness can make a very big difference in someone's life. Consider sharing any of the following compliments or positive thoughts with your clients:

- "I know the holidays can bring extra pressure, especially on a new mother, but just remember that you're doing a great job with your new baby."
- "You have had such a great attitude toward life — you are a role model for others."
- "I really admire your devotion to being a good mother."
- "You're doing a wonderful job breastfeeding your baby. Keep up the good work, and remember to take some time for yourself this holiday season."
- "I always enjoy seeing you!"
- "Your baby is lucky to have you as a mother!"

Sometimes, the best gift you can give is a kind thought from the heart.

