

# Innovative WellNews



# December Dedicated to Your Future



As the new year approaches, it's an ideal time to shift focus from fleeting resolutions to concrete goals that align with your long-term vision. Dedication to your future means setting intentional, actionable objectives that will build momentum throughout the year. Instead of simply wishing for change, commit to consistent progress through measurable steps that move you closer to your aspirations. This approach fosters growth, discipline, and a sense of purpose, empowering you to transform the upcoming year into one of meaningful achievement.

## PLEASE JOIN US!

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Learn proven techniques to conquer stress and increase professional effectiveness.



**The Great Mindset Reset**  
**SEASONAL EDITION**

WITH SPECIAL GUEST SPEAKER: CHRISTOPHER W. RIDENHOUR

December 12th  
9:00 am - 12:00 pm

Innovative Benefit Planning  
Moorestown, NJ

*While the stress inside is frightful  
Anxiety makes us spiteful  
And since we can never say "NO"  
Make it go, make it go, make it go*

ALL SESSIONS ARE CPE HRCI & SHRM CREDIT APPROVED

## Health and Wellness Observances



### National Influenza Vaccination Week December 2-6, 2024

Since flu viruses are constantly changing, it's important to get vaccinated against the flu every year. A case of the flu can keep you out of work for more than a week or even land you in the hospital. Those at risk for serious complications of the flu include children, pregnant women, and individuals with chronic diseases. We can increase protection for others by getting vaccinated.



### Seasonal Affective Disorder (SAD) Awareness Month

Seasonal Affective Disorder is a type of depression that occurs during the winter when the daylight hours are shorter. Symptoms include fatigue, sadness or hopelessness, social withdrawal, difficulty concentrating, and irritability.



## Tips to Combat Winter Blues

1. Increase natural light by going on morning walks, lunch breaks outside, or sitting near windows
2. Use a light therapy lamp to mimic the sun for 20-30 minutes each morning
3. Get regular exercise (150 minutes each week)
4. Reduce eating packaged and processed foods
5. Manage stress



## Monthly Nutrition Fact

According to the World Health Organization (WHO), alcohol is a known toxin and carcinogen and we often drink more than we think. A serving of wine is 5oz and a serving of hard alcohol is 1.5 oz. Often, when we order a drink at a restaurant, we are given 2 servings at a time. Moderate alcohol intake is 7 servings a week for women and 14 for men. So, the next time you pour or order yourself a drink, make sure you know how many servings it is.



## Monthly Physical Activity Tip

Incorporating weight training (resistance training) into your physical activity regime is so important to help maintain and build muscle mass and improve cardiovascular health. Research is pointing to maintaining muscle mass as the secret to longevity. The CDC recommends 2 days of muscle-strengthening activity each week.



## Cranberry Whipped Feta Dip

By Molly Thompson

### Ingredients:

- 2 cups whole cranberry sauce store bought (1 can) or homemade cranberry sauce (chilled)
- 1 teaspoon orange zest plus more to garnish
- 1 Tablespoon orange juice
- 8 ounces feta cheese (I use the kind in the brine)
- 2 Tablespoons olive oil
- 3 Tablespoons heavy cream
- 1/4 cup roasted salted pistachios chopped
- Hot honey to taste
- Fresh chopped thyme to taste
- Toasted bread crostini, pita, or crackers for serving

### Directions:

1. Add the cranberry sauce, orange zest, and orange juice to a bowl and stir to combine. Skip this step if you are using homemade cranberry sauce with orange in it already. (2 cups whole cranberry sauce, 1 teaspoon orange zest, 1 Tablespoon orange juice).
2. Add the feta and olive oil to a food processor or high-speed blender and blend until crumbly. Pour in the heavy cream and blend until creamy and smooth, stopping to scrape down the sides as needed. It will become thick and hard to blend then smooth out. Add 1 Tablespoon of water at a time as needed to reach your desired consistency. Transfer the feta to a serving bowl and refrigerate for 15 minutes or up to 3 days. (8 ounces feta cheese, 2 tablespoons olive oil, 3 tablespoons heavy cream).
3. Top with cranberry sauce and crushed pistachios. Drizzle with hot honey and sprinkle with fresh thyme. Serve cold or room temperature with crusty bread for dipping. (1/4 cup roasted salted pistachios, hot honey to taste, fresh chopped thyme to taste).

### Sources

Mayoclinic.org | www.who.int | Whatmollymade