

NOVEMBER
2023

Cold weather exercise

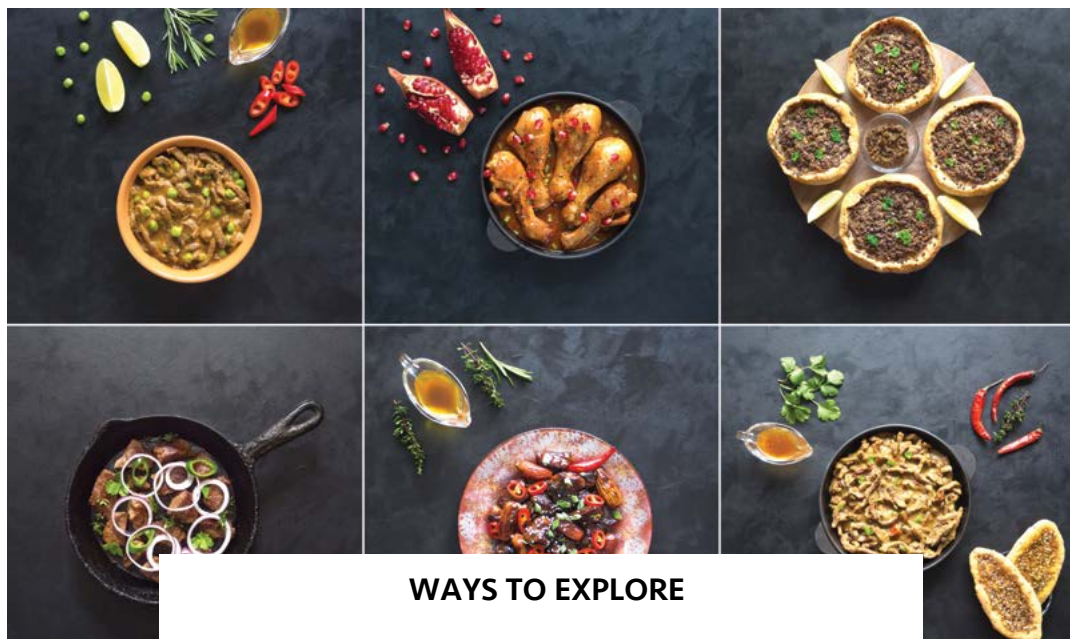
Cold weather can put a damper on outdoor exercise. But, continuing to exercise during the winter months has many benefits. Exercise combats seasonal depression, increases energy, and boosts immunity against illness.

Here's how to stay comfortable while you exercise in the cold:

- Wear layers so you can adjust your temperature as needed.
- Protect your hands and feet with warm gloves and socks.
- Wear sunglasses to protect your eyes from snow or ice glare.
- Stay hydrated. You may feel less thirsty in the cold but still need plenty of fluids.
- Stay indoors if the temperature is 0°F or below or the wind chill is below zero.
- Choose the proper footwear for snowy or icy conditions.
- Cover your mouth with a breathable wrap to warm the air you breathe.
- Start slow. Your body will adapt to cold conditions but progress gradually.
- Check with your doctor to make sure cold-weather exercise is right for you.

Explore food traditions

Food traditions are a part of every country and culture. Learning more about food traditions is a way to honor your own heritage and connect with the traditions of your community and neighbors. Plus, it's a great way to enjoy many delicious dishes.



WAYS TO EXPLORE

- Try a new restaurant that serves traditional foods from a different country or culture. Challenge yourself to order something new.
- Visit a supermarket that caters to a specific food culture. Or check out the international food aisle of your local grocery store. Pick out something new to try.
- Watch a documentary about another culture and notice what foods they traditionally eat.
- Check YouTube for cooking videos to learn how to cook traditional foods.
- Visit www.myplate.gov/myplate-kitchen/recipes and search for recipes by cuisine.
- Take a cooking class that teaches cuisine from another culture.
- Observe heritage months by cooking a new recipe from that culture's cuisine. For example:
 - February: Black History Month
 - April: Arab American Heritage Month
 - May: Asian American, Native Hawaiian, and Pacific Islander Heritage Month; Jewish American Heritage Month
 - June: Caribbean American Heritage Month
 - September: Hispanic Heritage Month
 - November: Native American Heritage Month
- Check out cookbooks from the library on different cuisines and cultures.
- Talk to friends about their food traditions. Share a meal where each person brings a dish that is part of their food traditions.
- Celebrate a holiday from another culture by serving a traditional dish, such as:
 - Sweet gelatinous rice cakes (Nian Gao) on Chinese New Year
 - Samosas for Diwali
 - Pan de muerto (bread of the dead) for Dia De Los Muerto
 - Latkes for Hanukah
- Eat local foods when you travel. If you're not sure what to try, ask the local residents.
- Explore your own family's food traditions. Talk to family elders and learn the stories behind family recipes.



Depression & the holidays

THE HOLIDAYS ARE MEANT TO BE A TIME OF JOY AND CELEBRATION. BUT IT CAN BE A TIME OF STRESS, LONELINESS, AND DEPRESSION FOR SOME PEOPLE. MANAGE THE "HOLIDAY BLUES" WITH THESE SIMPLE TIPS.



- Set realistic expectations. Don't overschedule or try to do everything.
- Stay connected with people who care about and support you.
- Don't compare this holiday season to others in the past.
- Be honest about what you're feeling. Sadness, depression, and grief sometimes intensify around the holidays.
- Let other people do kind things for you. It's a time to both give and receive.
- Do something kind for someone else. Sometimes, taking the focus off yourself is helpful.
- Avoid drinking too much alcohol or missing out on sleep. Alcohol and fatigue make it more difficult to manage your mental health.
- Get some exercise. Healthy movement may reduce feelings of depression.
- If you're experiencing a mental health crisis, call or text 988.

Start saving more

A healthy savings account puts you in a comfortable financial position. But saving money can be challenging. Here are some strategies to make it easier.



SET UP AUTOMATIC TRANSFERS

Set up your checking account to automatically transfer money to your savings account each month.

HAVE A SAVINGS GOAL

Have a clear goal for how much you want to save. When you know the dollar amount you are building toward, it will be rewarding to see the balance move closer to your goal.

OPEN A HIGH-YIELD ACCOUNT

You may find it easier to save money when it's accruing interest. Online savings accounts usually offer higher interest rates than traditional banks.

DO A "NO-SPEND" MONTH

Plan a month where you don't buy any non-essentials. Instead, put the money into your savings account. You might be surprised how much you can save in that short amount of time.

REDUCE RECURRING EXPENSES

Review bank and credit card statements and look for non-essential memberships and subscriptions. Determine if you're really getting your money's worth, and cancel as many as possible. Put what you save toward your savings goal.

CUT BACK ON ONE "LUXURY" ITEM

Pick one "luxury" purchase to cut back on. Ideas include packing a lunch instead of eating out, bringing coffee from home instead of stopping at a coffee shop, or inviting friends over instead of meeting at a restaurant.

