



Week Five Participant Manual:  
**Stress Free Holidays**

## **Week 5 Contents**

- The Three Part Breath
- Challenges and Strategies
- Recipes
  - Turkey or Chicken Pot Pie
  - Turkey Noodle Soup
  - Turkey Avocado Wrap

## **JOURNALING**

- What are your thoughts about the stressors that are brought about with the hustle and bustle of the holiday season?
- What is one thing that you know is a stressor for you during the holiday season? What can you do to try to manage it this year?

## The Three Part Breath

- If possible dim or shut off the lights.
- Set an alarm for the amount of time you will be able to do the breathing practice.

## Preparing for Breathing Practice

- Sit comfortably, in a chair, feet resting on the ground and relaxing the shoulders (letting them drop).
- Close your eyes and focus on the breath.
- Focus on only breathing in and out of the nose.
- The breath should be broken up into three parts:
  - On the inhale fill the belly with air, then fill the chest, then fill the throat.
  - On the exhale empty the air from the throat, then the chest, and then the belly.
  - Continue to repeat the three part breath developing a rhythm.
- You may want to initially place your hands on your belly to feel the proper breathing technique (the filling of the belly with the inhale and then the belly contracting on the exhale).

## Active Breathing Practice

- When you inhale, visualize your stomach filling with air like a balloon.
- When you exhale squeeze all the air out of your stomach (emptying the balloon).
- Remember to only breathe in and out through your nose.
- Breathe in belly goes out.
- Breathe out belly button moves back towards the spine.
- Breathe in fill the belly with air.
- Breathe out empty the air from the belly.
- Remind yourself silently:
  - Inhale, fill the belly, then the chest, then the throat.
  - Exhale from the throat, then the chest, then the belly.
  - Inhale belly goes out.
  - Exhale belly contracts in.
- Once the alarm sounds allow yourself just a minute or so to adjust to having your eyes open and then turn on the lights.

**Note:** If you do not have the option of practicing this in a place where you can shut your eyes, try to do it in the car on the way to work or on the bus. Still focus on practicing the technique. Even if you can only do this for 3 to 5 minutes a day, you will notice helpful results. Soon you will be breathing like this on a consistent basis without having to consciously think about it.

When you can create a break in the day and sit silently, do it! It will do wonders for your health.

## Stressing Relaxation After Thanksgiving

### Ready for "Black Friday"? Really ??

That's when the shopping horse race begins, out of the gate and into the malls. The day before, we ate the Thanksgiving feast as if tanking up for this **sprinting spree of shopping madness**.

The trouble with this is that -- as you've probably noticed -- bumping through bustling buyers all day is not the path to enlightenment and universal peace: it's stressful!

### What is the Short Term Problem?

Holiday stress throws you completely off your normal schedule. If you start at 10am, and shop until 3pm, you end up grazing your way through the Pepperidge Farm pop-up displays and other Mall-Food droppings, only to eat again when you get home.

This staggers and unsettles your eating patterns, and **produces overconsumption in the process**.

Research is very clear: regular eating patterns help you control consumption.

### What is the Long Term Problem?

If you handle the holiday season by frantically running through the malls with your mile-long Santa's List, the typical response is to put something in your mouth. In this way, **mental strain itself can lead to chronic eating**, and the weight gain that follows.

Inside your body, stress also increases insulin and cortisol in your blood. These not only encourage fat deposition, but they can remove blood sugar to make you feel hungry – so you start craving another of the Krispy Kreme display doughnuts.

At every level, **stress encourages your body to gain weight**.

## Want to Lose Weight?

### ***Manage Stress By Managing Your Schedule***

Schedule your shopping trips between meal times (from 1:00 – 5:00, say). This little trick alone can preserve your eating routine, and put you in the mall when you are full – not empty.

If you have to be out during lunch or dinner, go ahead and have a sit down meal somewhere – make it a great lunch and enjoy yourself. View this time as a welcomed wonderful breather between bouts of activity.

What if you find that you've been running errands like crazy, you missed your meal, and now you're starving!!?

For these times, have a snack of something wonderful. Just *make sure* you view it as a bridge to the next meal, not a late lunch.

### ***Think Different About Holiday Shopping***

So much of our health comes down to attitude. Think about your errands in a positive way ... as exercise.

1. Exchange a gym workout for a shopping trip.
2. Bustle between stores during your new (and very productive) "workout". Viewing the trip as an exercise opportunity, rather than a shopping chore, will lighten your heart and make the entire time go by quicker.
3. Strap on your pedometer, and write down the number of steps you think you will walk – then compare when you get back. You'll "shop it off" – how's that for an exercise program you can live with?
4. Daily meditations are fantastic, and can help prevent stress-induced overconsumption before it happens.

## Recipes

### Turkey or Chicken Pot Pie

#### You'll Need

- Uncooked Piecrust for a top and bottom
- 2 cups cooked chicken, or turkey chopped
- 2 tablespoons plus ½ stick unsalted butter
- ½ cup onions, chopped
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ½ cup mushrooms, sliced
- ½ cup all-purpose flour
- 2 cups chicken or turkey stock
- 3 tablespoons dry sherry
- 1 cup half-and-half
- Salt and pepper to taste
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried

#### Directions

##### In a large sauce pan

- Sauté veggies in 1 tablespoon of butter until they just softened and remove.
  - Note: You don't want your vegetables in the potpie to turn to mush, even though you're going to cook them twice. So make sure to undercook your vegetables at first, because they'll be baked into the pie itself for 45 minutes.
- Sauté chicken or turkey in a second tablespoon of butter until browned, but not crispy. Remove.
- Over a medium flame, add the remaining ½ stick butter, and then the flour. Stir these until the roux is chestnut brown. Add the stock and whisk until all the roux is incorporated.
- Bring this mixture to boil, reduce to simmer, and add the sherry, rosemary, half-and-half, salt and pepper. Taste and correct the seasonings on the sauce. After the broth has become quite thick, fold in the veggies and chicken or turkey and continue to heat for 10 minutes.

##### Into the oven

- Pour potpie mixture into the pie plate with crust on the bottom, and top with the second layer of crust.
- Bake at 425 for 30 minutes. Serve right away, but be careful, it's hot.

#### Play with Your Food

- The veggies you choose are absolutely up to you. Potatoes also go perfectly in this dish.
- You will taste the rosemary right away, but another savory alternative is sage.
- If you don't have sherry, try a port wine instead. Once you have the basics of this recipe, you can modify it any way you choose!

## Turkey Noodle Soup

### You'll Need

- Bones from a roasted turkey
- 7 cups water
- 1 bay leaf
- 2 stalks celery, chopped (separated)
- 1 onion, quartered
- ¼ cup broken noodles, 1/2 inch pieces
- 1 carrot, chopped
- 3 green onions, chopped
- 1/3 cup grated zucchini
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 dash hot sauce
- Salt to taste
- Pepper to taste

### Directions

#### Stock

- In stockpot or large saucepan, combine bones, water, bay leaf, one of the chopped celery stalks, and onion.
- Skin and drippings may be included, if desired.
- Simmer, covered about 4 hours.
- Strain, reserving stock.
- Let bones cool, pick out any meat and add to the stock.

#### Soup

- In stockpot or saucepan, bring stock to boil; add noodles and simmer for 5 minutes.
- Add celery, carrot, green onions, zucchini, basil and thyme.
- Simmer for 10 minutes.
- Stir in hot pepper sauce, season with salt and pepper to taste.

### Play with Your Food

- Use chicken instead of turkey
- Switch up the vegetables

## Turkey Avocado Wrap

### You'll Need

- 2 jalapeno peppers seeded and minced
- 4 ounces cream cheese, firm
- ¼ cup sour cream
- 4 ounces green or red chili salsa
- 2 avocados, peeled
- 2 tablespoons lemon juice
- ½ teaspoon onion powder
- ¼ teaspoon pepper
- Pinch of salt
- 1 pound cooked turkey, shredded
- Flour tortillas, warmed
- Additional salsa of choice for dipping

### Directions

- In small bowl, mix together jalapenos, cream cheese, sour cream salsa until well blended; reserve.
- In another small bowl, mash avocado with lemon juice until fairly smooth; add onion powder pepper and a pinch of salt and continue mashing until smooth.
- Before eating, place some of the jalapeno mixture, turkey and avocado on wrap. Fold and serve.
- Serve with salsa.

### Play with Your Food

- Replace turkey with chicken
- Replace sour cream with plain yogurt
- Add in some lettuce
- Use lime instead of lemon