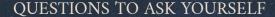
HEALTHY HOLIDAYS



Seventh-day Adventist Church NORTH AMERICAN DIVISION

HEALTH MINISTRIES

The first step to help you enjoy a healthy holiday is to PLAN ahead for how you will stick to healthy choices.



- If I allow myself a small holiday treat each day, will I be able to resist the urge to overindulge?
- How will I stick to a healthy sleep schedule?
- Who will be my accountability partner? How will I empower them to help me choose wisely?
- When and for how long will I exercise? How many times a week?
- How do I want to feel about myself during and after the holidays? What will help me keep a positive outlook?
- How will I prioritize my time with God?

FIRST STEPS

The next step is to PREPARE ahead for the challenges that are sure to come.

WRITE DOWN:

- How will I politely decline invitations to overindulge?
- What will I do if my schedule gets out of control or overwhelming? How will I prioritize tasks & responsibilities.
- If conversations during the holidays turn negative, what will I do to keep my mind on positive things? Will I try to change the conversation? If so, how?
- Do I need a professional coach or therapist to help see me through the holidays?

Finally, keep in mind your priorities for the season, be generous with yourself and others, and remember the reason for the season.

REPEAT THIS PRAYER:

"Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee."

Steps to Christ, p. 70





Fill your plate with deliciously nutritious foods. Click each photo to link to the recipe.



Holiday **D**inner Roast

> Roasted Apple & Butternut Squash

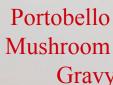


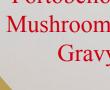




Mean Kale Salad















Scan the QR code to find more recipe inspirations at JoyofEating.org



MY EXERCISE PLAN

Getting in 15 minutes of physical activity is better than none! Stay active throughout the day by finding excuses to get up and move. Your body was made for it!

WARM UP YOUR MUSCLES

- March in place for 2 minutes, slowly increasing how high you lift your knees.
- Use a rebounder (trampoline) for 2 minutes, slowly increasing the intensity of your jumps.
- Lift your arms above your head 10 times, swing your arms from side to side 10 times, then twist your body at your waist from side to side 10 times. Repeat the full set 2-3 times.

GET YOUR HEART GOING

• Run in place for 30 seconds, then walk for 15 seconds. Repeat 5 times.

Do 20 jumping jacks.

• March in place for 10 seconds.

• Do 20 high kicks.

• Do 20 squats.

• Repeat the activities above.

STRENGTHEN YOUR MUSCLES

- Use dumbbells, water bottles, cans of food, or other objects you have at home for the following:
- While lying on your back, stretch your arms out to the side then bring them together above your chest. Repeat 12 times.
- Continue lying on your back, hold one dumbbell in both arms, raise your arms above your head, slowly lower them to the floor above your head, then pull back up. Repeat 12 times.
- While on your back, raise both legs straight upwards then lower slowly to the floor. Repeat 20 times, then alternate between each leg for 20 times.
- Hold a plank for at least 30 seconds.

COOL DOWN

- Walk in place for 2 minutes. Breath deeply while your slowly raise your arms above your head.
- Put your hands on your waist as you stand up straight. Slowly bend at your waist from one side to the next. Repeat 10 times.
- While standing, raise one knee up to your chest, hold it with both arms for 5 seconds. Do the other knee, then repeat 10 times.
- Sitting on the floor with your legs straight out in front, slowly reach for your toes. Hold the stretch for 5 seconds, then repeat 10 times.
- Stand up straight and slowly bend your neck from side to side.
- Take 3 deep breaths.



For many of us, the holidays bring up grief due to memories of loved ones who we've lost or the loneliness we feel inside. These feelings should not be ignored, but rather acknowledged. Then recognize that your life is still of infinite value and see what you can do to share that good news with others. Here are some ideas to cope in healthy ways.

MERRY-LESS **NIGHT**

Write down happy memories of your loved one.

Visit the JoshuaProject.net website and commit to pray for a people group.

Take an online course.

Draw or paint a picture of a happy memory.

Write a book of short stories.

Wash an elderly neighbor's car or take them shopping.

Make a list of the people you care about. Pick 2 or 3 to call or email.

******* Create or expand your prayer journal to include people you don't know very well.

Visit an animal shelter to play with the animals or volunteer to help the staff.

Research a charitable organization or ministry that you would like to support.

> Visit the local library and pick out a book you've never read before.

> > Start learning a new language using online video tutorials or an app

Help to clean out the church or a local park.

Visit the local library and pick out a book you've never read before.

Look up friends you knew in the past and reach out to them.

Volunteer at a hospital.

Help organize a visitation group to a nursing home.

Research opportunities to go on a mission trip.

Explore a part of the city you

Initiate a gathering with some folks from your neighborhood or church.

Talk to a counselor or therapist.

Talk to your pastor about starting a Seasons of Grief support group. Visit SeasonsofGrief.org for details.

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before visited.

have never

Learn how to



MENTAL WELLNESS SABBATH

February 3
Plan to share resources at your local church to support brain health.

HEALTH TRAINING WEEKEND

April 26-28 NAD Office, Columbia, MD Join us to learn about an exciting new approach to ministry, and be trained as a program facilitator.

NURSES APPRECIATON SABBATH

May 4
Plan to recognize the ministry of nurses and other health professionals at your church.

GREAT EXPECTATIONS

MAKE PLANS TO BE PART OF THESE HEALTHY EVENTS IN 2024



Visit NADhealth.org/calendar to be informed of details about these events.

MADE TO MOVE 5K

October 6 Gather your church, friends, and community to participate in this virtual event.

NURSES CONFERENCE

Date & Location TBA Join hundreds of other Adventist nurses for this inspiring and educational weekend.

RECOVERY SABBATH

December 7 Share the hope of recovery from addictions, grief, and trauma with your church and community.



