



Family: A Top Priority

Sarah spends her day in a frenzy: attending an aerobics class and a PTA meeting, working on a child's next elaborate science project, helping a friend plan a wedding and taking kids to piano lessons, soccer practice and swim practice. As she does all this, she also works on preparing dinner, cleaning house and doing her visiting teaching—among various other activities. At the end of the day, she's exhausted, cranky, stressed and doesn't want to be around her children or her husband.

Trying to go in so many directions causes stress that not only affects our own happiness, but it also strains relationships with the most important people in our lives—our families.

Stress is dangerous to relationships because it creates an “imbalance . . . in your nervous system [that] limits your ability to think clearly and creatively, or to act in emotionally intelligent ways,” according to *helpguide.org*, a non-profit resource that promotes health education.

Void of the ability to think clearly, our capacity to listen and understand becomes limited. Additionally, feelings such as stress often trigger negative memories that can perpetuate further negative feelings in

relationships, upsetting other people as well.

Despite good intentions, people can drain their emotional and physical resources by trying to be all things to all people, causes and projects.

“Don't push yourself so hard that you use up all your best and have nothing left for your spouse and family but fatigue, intolerance and irritability,” says Larry Alan Nadig, clinical psychologist and marriage and family therapist.

“Don't risk the loss of your personal relationships or the loss of your health. Save some of your best for your loved ones and yourself.”

Modern-day apostles have given similar advice. “When things of the world crowd in, all too often the wrong things [and people] take highest priority,” says Elder Richard G. Scott.

“Then it is easy to forget the fundamental purpose of life. Satan has a powerful tool to use against good people. It is distraction. He would have good people fill life with ‘good things’ so there is no room for the essential ones [like family]. Have you unconsciously been caught in that trap?”

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Quick Facts

Popular New Years Resolutions

According to recent polls conducted by the federal government, the following were the most popular new years resolutions, as indicated by U.S. citizens.

1. Lose weight
2. Pay off debt
3. Save money
4. Get a better job
5. Get fit
6. Eat right
7. Get a better education
8. Drink less alcohol
9. Quit smoking
10. Reduce overall stress
11. Reduce stress at work
12. Take a trip
13. Volunteer to help others

Avoiding Holiday Weight Gain

It's beginning to look a lot like Christmas as the snow falls and the numbers on the scale rise. Whether it's increased opportunities to indulge, holiday stress or holiday elation, Americans gain an average of 1-2 pounds during the holiday season—pounds they often don't lose, and that adds up year after year.

Consider these tips to a healthier holiday and a more satisfying entry into the new year.

Don't try to diet

The goal should be to maintain weight, not lose it, during this time of year. Trying to diet and deprive yourself of food may just add to the stress of the season as you try to run on fewer calories and worry constantly about not eating. This may cause you to gain weight because your body can no longer run on such little food, and you overeat to compensate.

Plan ahead

"If you want to eat 1,000 calories at a special meal, that's okay, just don't consume 1,000 calories at the day's other meals too. Think ahead of how many calories you want to consume for the day and incorporate the big meal into that amount," says Santiago Horgan, MD, Director of the Center for the Treatment of Obesity at UCSD Medical Center.

Eat small before the big meal

Not eating all day before a big meal will make you so hungry that you might overindulge. Eat something light, like some fruit, vegetables or non-fat yogurt, prior to the meal or party.

Choose wisely

Again, deprivation is not the answer to controlling weight; simply choose what you like the most and eat small portions of it. Consider eating foods without the high calorie sauce or dressing. "The meat by itself won't cause you to gain weight, but the sauce on it will. What



makes chicken a high calorie machine? It's not the chicken but the sauce," says Horgan.

Drink more water

Drink water to stay hydrated and to avoid overeating. Experts recommend drinking 64 oz. of water each day—or about eight average size glasses of water.

Stay active

Find ways to move around and burn calories: go for an extra walk, shovel the driveway, build a snowman or have a snowball fight. "Even little things can help," says Jane Jakubczak, University of Maryland Health Center Dietitian.

"Taking the stairs instead of the elevator, parking in a space farther away than usual and walking a few laps around the mall before you begin shopping are all small things that can add up when done on a regular basis," Jakubczak says.

Make healthy substitutions

Simple ingredient substitutions in favorite holiday meals and treats can significantly cut down on caloric intake. (See the side panel for substitution ideas.)

Make the holidays a success in every way and don't go into 2008 discouraged about your weight.

Healthy Ingredient Substitutes

Applesauce. Use applesauce (no sugar added) instead of butter and oils in your holiday cookie, cake and pie recipes. Use one cup of applesauce per one cup of butter.

Broths. Instead of sautéing meats and vegetables in oil, steam them in a ½ cup of canned vegetable, chicken or beef broth. You can also use canned chicken broth instead of butter to moisten mashed potatoes.

Yogurt. Use frozen yogurt instead of ice cream to top off holiday pies. Plain yogurt can also substitute for sour cream in holiday dips and snacks. Eight ounces of yogurt cheese can substitute for eight ounces of cream cheese.

Cocoa. Use three tablespoons cocoa and one tablespoon oil for one ounce of chocolate.

Non-fat and low-fat. Use non-fat and low-fat substitutions for milk, mayonnaise, salad dressing and cheese.

Did you know ...

Americans on average gain 1-2 pounds during the holiday season and keep it on.



Family (continued)

The following are some ways to lower stress levels and balance your life, based on Tip King's *Stress: Don't be stressed by stress*:

- Play soothing music.
- Exercise on a regular basis.
- Find time, even just 10 minutes, to meditate.
- Make sure the kids go to bed early, giving you some time alone with your spouse.
- Set goals and set aside ample time to complete them.

In addition, Elder Scott encourages us to go to the temple to ponder. "Each of us needs to periodically check our bearings and confirm that we are on course." He also recommends taking this personal inventory:

- What are my highest priorities to be accomplished while on earth?
- How do I use my discretionary time? Is some of it consistently applied to my highest priorities?
- Is there anything I know I should not be doing? If so, I will repent and stop it now.

"In a quiet moment write down your responses. Analyze them. Make any necessary adjustments." Succumbing to stress affects more than just one individual—it negatively affects spouses, children and friends. Focusing on priorities, cutting down on activities and making other adjustments leaves more energy and enthusiasm for the most important people. Sacrificing a few small things can, in the end, result in great blessings and rewards in our relationships.

THYMES AND SEASONS

Keep your family healthy and satisfied with these recipes.



Green Beans with Tomatoes

2 lbs. fresh or frozen green beans
3 cloves garlic
4 Tbsp. olive oil
14 oz. can diced tomatoes
1 tsp. parsley
½ tsp. oregano
½ cup Parmesan cheese

Preheat oven to 325°. If using fresh green beans, wash and trim them. Steam green beans, covered, five minutes or until crisp-tender. Drain.

Heat oil over low heat in a large skillet. Add garlic and sauté a few minutes. Add green beans, tomatoes and seasonings, tossing until beans are well-coated with olive oil and seasonings. Salt and pepper to taste. Transfer to a 2-quart baking dish. Sprinkle Parmesan cheese on top. Bake 15 minutes.

Holiday Ham and Cheese Bake

4 cups frozen, ready-to cook hash browns with peppers and onions
3 cups small broccoli florets
1 cup diced, cooked lean ham
2 cups low-fat shredded cheddar cheese
Egg substitute equivalent to 4 eggs
¾ cup skim milk
½ tsp. (each) salt and pepper

Thaw hash browns. Preheat oven to 375°. Coat an 8-by-8-inch glass baking dish with cooking spray.

Combine potatoes, broccoli and ham in a large bowl and toss well. Arrange half of potato mixture in baking dish. Top with half the cheese, remaining potato mixture and remaining cheese.

Beat egg substitute in a medium bowl. Add milk, salt and pepper; mix well. Pour evenly over potato mixture. Bake for 40 minutes. Let stand five minutes before serving.

Broccoli Noodle Side Dish

6 cups uncooked wide egg noodles
3 cloves garlic, minced
¼ cup olive oil
4 cups broccoli florets
½ pound fresh mushrooms, thinly sliced
½ tsp. dried thyme
¼ tsp. pepper
1 tsp. salt

Cook noodles according to package directions. Meanwhile, in skillet, sauté minced garlic in oil until tender. Add broccoli; sauté for 4 minutes or until crisp-tender.

Add the mushrooms, thyme, pepper and salt; sauté for 2-3 minutes.

Drain the noodles and add to the broccoli mixture. Stir gently over low heat until heated through.

The BYU-Idaho Wellness Center

The BYU-Idaho Wellness Center promotes health and wellness among the entire BYU-Idaho community through preventive, therapeutic, and health care services as well as incentive programs.

Hours:

Mon: 1 - 6 p.m.
Tues: 10 a.m. - 12 p.m. & 3 - 7 p.m.
Wed: 2 - 7 p.m.
Thur: 10 a.m. - 12 p.m. & 3 - 7
Friday & weekends: Closed

Contact Information

Location: Hart 152
Phone: (208) 496.3046
Email: wellness@byui.edu

Visit us online at www.byui.edu/campuswellness

Upcoming Event

For all students, the BYU-Idaho Counseling Center will be sponsoring a free depression screening in the form of an anonymous, online questionnaire. After filling out the questionnaire, students will be alerted to any

symptoms they may have, and they will be informed of the counseling services available to them. Watch for a link to this questionnaire, coming soon in your campus email.

The BYU-Idaho Counseling Center, located in SHC 200, offers free counseling sessions to all full-time, on-track students.

The Alzheimer's Threat

It is one of the most common and most feared terminal diseases among older people. At least 15 million people worldwide are affected, and 4.5 million of those people live in the United States. The number of U.S. cases is expected to rise to 13.2 million by 2050. It's the sixth leading cause of death among older Americans, and there is no cure. It isn't cancer, heart disease or diabetes. It's Alzheimer's disease.

Alzheimer's disease (AD) gradually robs affected persons of their intelligence and awareness. Many of the symptoms are similar to the normal aging process, making it very difficult to diagnosis. In fact, it can only be diagnosed definitively by postmortem examination of brain tissue. So how can a person tell if misplacing car keys or forgetting a friend's name is a sign of AD or just a normal memory lapse?

Classic symptoms of Alzheimer's disease are memory impairment and deterioration of language. One of the first symptoms is difficulty in recalling recent events or taking in new information. If these symptoms are followed by personality changes—most often apathy, egocentricity and impaired emotional control—then chances are good that it is Alzheimer's and not simply normal memory loss.

While these facts are scary, scientists are finding that diet and exercise play a part in fighting or delaying the disease. Foods rich in vitamin E, omega-3 fatty acids and unhydrogenated unsaturated fats—such as nuts, seeds, fish, mayonnaise and eggs—may help protect against Alzheimer's.



Alzheimer's Disease versus Normal Behavior

One of the most frightening aspects of Alzheimer's is how difficult it is to recognize and diagnose the symptoms of the disease. While there is ongoing discussion in the medical field, below are tips to help you discern the difference between regular behaviors and those indicative of Alzheimer's Disease.

Normal Behavior

- Temporarily forgetting things.
- Inability to do some challenging tasks.
- Forgetting unusual or complex words.
- Getting lost in a strange city.
- Becoming momentarily distracted and failing to watch a child.
- Inability to balance a checkbook.
- Misplacing everyday items.
- Occasional mood swings.

Symptoms of Alzheimer's

- Permanently forgetting recent events; asking the same questions repeatedly.
- Inability to do routine tasks, such as making and serving a meal.
- Forgetting simple words.
- Getting lost on one's own block.
- Forgetting a child is in one's care and leaving the house.
- Forgetting what the numbers in a checkbook mean and what to do with them.
- Putting things in inappropriate places (i.e. putting the watch in the fishbowl).
- Rapid, dramatic mood swings and personality changes; loss of initiative.

Stick to It: Success with New Year's Resolutions

How many times have you made New Year's resolutions? How many times have you valiantly sworn that you would follow-through this year? How many times have you actually kept them? If your answers leave you feeling less than happy, you are not alone. January is one of the worst times to make new goals, according to the *Canadian Journal of Health & Nutrition (The Journal)*. So should you abandon making goals entirely? Not quite yet. *The Journal* offers three suggestions to help you keep your goals.

The first suggestion is to take the time to do some planning. Map out the exact results you want to see, and write down the steps required to get you where you want to be. Planning things out will save you time and energy, as well as motivate you when you start to get down on yourself.

Second is to set realistic goals. Make sure you understand what your limits are. It's great to push yourself, but don't push too far. Sometimes reaching your goals takes a lot of time and work. Don't expect to have an

overnight transformation.

Finally, *The Journal* recommends counting your successes. If you only focus on what you've done wrong, you may get depressed. Instead, stop being a perfectionist and give yourself credit for what you've been able to accomplish.

Resolutions don't have to be impossible tasks that are forgotten every year. Using these realistic guidelines will make it easier for you to realize your goals and stay motivated throughout the year.

Seek the Savior This Season

The world seems to believe that the spirit of Christmas can be found by giving and receiving gifts in a holiday spirit. Although presents can be a good way to display love, “The true Christmas spirit is never found in a surfeit of things. It is less obvious in arrival and more lasting in impact,” said President Thomas S. Monson in the December 1987 *Ensign*.

How can we as Latter-day Saints avoid getting caught up in the festive tradition of gift-giving?

Instead of gifts, President Monson suggests that the Christmas spirit can be found in the quest for the Savior of the world, just as the shepherds sought to find the baby Jesus after the angelic proclamation. “Let us now go even unto Bethlehem. . . . And they came with haste” (Luke 2:15–16). The wise men also sought the young Jesus. “Where is he that is born King of the Jews? for we have seen his star in the east, and are come to worship him” (Matt. 2:2, 10–11).

“As we seek Christ, as we find Him, as we follow Him, we shall have the Christmas spirit, not for one fleeting day each year, but as a companion always,” admonishes President



Monson. When we seek His spirit, we will find the spirit of Christmas, and we will be able to share that spirit with others.

Tips for Creating a Savior-Centered Christmas

Serve others. Selfless service embodies the true meaning of Christmas and brings us closer to the Savior.

Scripture study. Make time for personal and family scripture study. The holidays are a hectic time, and studying the scriptures as a family can help you focus on the real meaning of the season.

Pictures of Christ. Display pictures of Christ around your home. Artwork portraying Christ will help you to stay focused on Him throughout the Christmas season.

The Struggle to Fall Asleep

More than half of Americans report symptoms of insomnia at least a few nights a week, according to a recent study conducted by the National Sleep Foundation (NSF). Thirty-five percent of those surveyed reported symptoms every night or nearly every night. More than 70 million Americans suffer from insomnia, and total health care costs related to insomnia treatments exceed \$40 billion annually, according to the National Institute of Health.

With numbers like that, it's likely that you or someone you know struggles with this national health problem. Consisting of the Latin words “in” (no) and “somnus” (sleep), insomnia literally means no sleep or the inability to sleep. All sleep disorders are considered insomnia, and doctors typically divide insomnia into two categories: acute (or short term) and chronic (or long-term). So how do you know if you have a real problem with insomnia and not just an occasional bad night's sleep?

The vast majority of insomniacs are classified as acute. Acute insomnia typically results from temporary situations like stress, jet lag, job changes or financial troubles, according to the NSF. While immediate symptoms include the

inability to fall asleep or stay asleep, consequent symptoms often include irritability, accident-proneness, depression and psychological distress. These symptoms last no longer than a month, occur no more than 2-3 times per week and are usually treated without professional help or medicine.

Chronic insomnia shares all of the symptoms of acute insomnia but lasts much longer than one month. If you or someone you know has persistent insomnia occurring 3-5 times per week and lasting for several months, it's essential to see a health care professional and receive proper diagnosis and treatment.

Diagnosis typically involves consultation with a doctor and prescription medication. Causes of chronic insomnia stem from physiological and psychological factors and most often are effectively treated by prescription medication. Establishing proper exercise habits, giving yourself time to wind down before bed, avoiding excess sugar and caffeine and avoiding napping are all ways to combat insomnia and promote better sleeping habits.

Regardless of what kind of insomnia you or those you know may struggle with,

its symptoms can be far reaching and can negatively impact spirituality, mood, relationships, and job performance. With the help of lifestyle changes and health care professionals, nearly all who struggle with insomnia can enjoy an improved quantity and quality of sleep.



Winter Workout Woes

It's true that winter hibernation is for the bears. However, we too use the cold as an excuse to stop exercising, even though the body still needs effective workouts throughout the winter season to maintain energy and fitness levels. But the weather's too cold, right?

Wrong. Here's a tip for adjusting your exercise routine to the cold weather: just think of your favorite summer sport and then try the winter alternative. For instance, if you enjoy rock climbing, try increasing your endurance through ice climbing. It burns 140 calories more per hour than traditional climbing.

Ice skating may seem like a leisure activity, but it can burn as many as 612 calories per hour, if constantly skating. And if you simply enjoy a walk in the park, exchange your sandals for snowshoes to provide a great abdominal and thigh workout that burns 544 calories per hour. Also, turn in those water skis for snow boots and you can burn 408 calories per hour while downhill skiing.

If outdoor workouts during the winter are unavailable or too expensive, try in-home alternatives such as circuit training, jumping rope, or using an aerobics video. The Cooper Fitness Center explains that "quality [in a workout] is more important than quantity so inside workouts can be shorter than and as effective as outdoor workouts."

So take advantage of the winter season. Forget the cold and try your favorite workout winter style. What's your exercise excuse?



Winter Work-out Tips:

Drink fluids.

Just because you don't feel warm doesn't mean you're not dehydrated.

Stretch more.

It takes longer for your muscles to warm up when it's cold.

Layer clothing.

Try layering under a waterproof shell to maximize warmth.

Use a scarf.

Warm the air before you breath with a scarf over your mouth.

Walk the mall.

On your walk you'll find more incentives for working out as you see the latest fashions.

Did you know . . .

Most summer sports have winter alternatives? Pick your favorite sport and see if it has a complimentary winter activity.



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