

Mansfield Monthly



Holiday Preparation!

Do you ever think about the ways the holidays can impact different parts of your health and wellness?

The holidays are obviously one of the best times to get together with friends and family. Maintaining good social connections and relationships can have a tremendous impact on our long-term health according to research.

One study* looked at almost 309,000 people and found that maintaining good relationships decreased the risk of premature death by any cause up to 50%. That type of risk is comparable to smoking up to 15 cigarettes per day and an even greater risk than obesity/physical inactivity.

Making sure that you spend some extra quality time with your friends and family over these next couple of months is one of the simplest things you can do to help your overall health and well-being. It's a good time to make some new connections or reach out and reconnect with people from the past who you care about but have lost touch with.

Aside from bettering all of your existing relationships, it's a great time to try something new or contribute to a good cause. Join a new group, try an activity for the first time, donate to a charity, volunteer, etc. Introducing a novel stimulus to your life or helping someone else before this year is over is another simple way to not only improve your own well-being but also those around you.

* Holt-Lunstad J, Smith TB, Layton JB (2010) Social Relationships and Mortality Risk: A Meta-analytic Review. PLoS Med 7(7): e1000316.
<https://doi.org/10.1371/journal.pmed.1000316>

Watching your Figure During the Holidays

Aside from being around friends and family, the holidays are a time to enjoy some great food!

You should have fun and eat some food that's out of the norm on the holidays. It's a special occasion that doesn't happen often and you should enjoy it. With the being said, it's also a time where too many people get carried away and don't pay attention to how much they're really consuming, putting them in a tough spot heading into the new year.

Maintain Don't Gain

Just trying to maintain your current weight during the holidays is a good goal. Even if you're dieting, taking a little break and just trying to maintain your progress thus far can let you enjoy the holidays more and put you in a great spot for continued progress once they're over instead of going backwards!

Simple Tips:

- **Mind your portion sizes**

It's easy to load up your first plate with mountains of food, but start small & have more later if you want.

- **Eat slowly and mindfully**

Take smaller spoonfuls, chew slower, put your fork down in between bites...slow down :)

- **Eat less before holiday parties**

You know your parties are going to be full of extra food/drinks. Don't eat as much earlier in the day as you normally would to help make room!

- **Enjoy yourself**

Enjoy the food. Make room for it where you can. You can get right back to your routine tomorrow.

HAPPENINGS AROUND TOWN

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Dates & Times ^^)

Events such as:

- Fall Free Mansfield Day @ The Community Center (Find out more about MCC offerings for free!)
- Wonderful Wednesday's, Family Story time, Foreign Films and more @ the Library
- Pregnancy & Postpartum support @ The Buchanan Auditorium
- Giving Week: Come to the MCC for a selection of free fitness classes 11/25-12/1. Members & non-members welcome! Participants are asked to contribute a non-perishable food item, health care item or monetary donation for each class attended. Contributions benefit the Mansfield Food Pantry. Schedule released: 11/18/19



BE WELL NEWS

Congratulations to Lisa Cackowski of Southeast Elementary School for winning the October Newsletter Raffle. Lisa won a gift card worth \$150! Each month's newsletter contains a link to a brief Mindful Wellness Quiz. Complete the 2-3 minute quiz to be entered to win a \$150 prize. You can take the Mindful Wellness Quiz by clicking [HERE](#) !

The November Challenge is all about avoiding coming back from the holidays a little heavier! Participating in this Challenge will help you qualify for end of year **Be Well Rewards** prizes. Please reach out with any questions!

Quick Facts

- Other major observances in the month of November include: Diabetes, Lung Cancer, Alzheimer's, Family Health History, COPD, The Great American Smoke out and many more.

- **Prostate cancer is the 2nd leading cause of cancer death in men.**

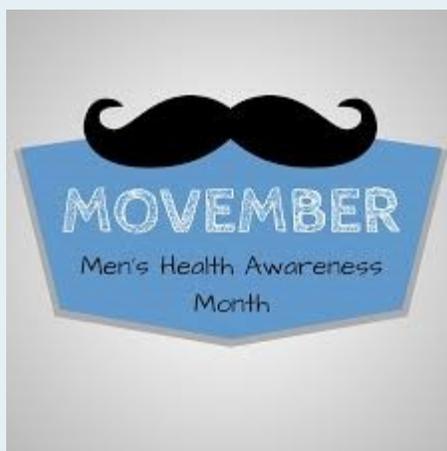
Check out [THIS LINK](#) for more information of November health observances and resources.

Men's Health Awareness Month

Last November, myself and friends grew out moustaches to raise awareness & money for our close friend who successfully battled cancer at the time.

Whether there's a moustache involved or not, the goal is to put more emphasis on men's: mental health, prostate and testicular cancer, physical inactivity or any lack of awareness around other health issues men face.

Encourage men around you to ask questions, be more open and take action with any concerns. Men may be stubborn and like to partake in riskier activities while being reluctant to openly discuss things.



As with anything, early detection and help usually leads to more favorable outcomes. Encourage a man around you who may be hesitant to reach out for assistance.

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

