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**Seasons  
Greetings!**  
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Health Futures Pty Ltd/ 1300 720 323  
Newsletter Volume A Issue 25



## Welcome

It's nearly that time of year again... **Christmas**. With that arrives the end of a big year, and the start to an exciting new year.

Summer brings with it the invitation to get out and about, fire up the BBQ and enjoy delicious salads. Remember to stay safe, cover up and wear sunscreen outdoors.

In this edition we touch on a few of the holiday themed health related topics: Entertaining, gift ideas, travel, dining out, and personal stress.

It has been a very exciting year for Health Futures. 2009 saw us emerge as industry leaders at the International Health and Productivity Congress, redefining workplace health with our innovative health services. As we head into 2010, our 17<sup>th</sup> year of service excellence, we would like to extend our sincere thanks for your support.

Wishing you a safe and happy festive season, and a prosperous 2010.

Sincerely,

*Carrie Rathbone and the Health Futures Team.*

### Individual Highlights:

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## Healthy Gift Ideas

### Gifts for the Mind & Soul

Here are some gift ideas to ease stress, improve mood, and challenge the mind:

**Massage or spa treatment** gift certificate

Yoga class card, yoga book, DVD or videotape

**Aromatherapy** candles, soaps, bath beads and lotions

**Massage roller** and massage oils

**Books of puzzles** or crosswords

**Books containing inspirational quotes** and positive thoughts.

### Gifts for a Healthy Diet

Healthy cooking can be easy and fun. Try these stocking fillers:

**Egg Separator:** Egg white omelettes are delicious and easy to make with these.

**Grill Pan:** A grill pan makes it easy to prepare healthy recipes with little or no fat.

**Juicer:** For juice lovers, a juicer can be a fun and fresh way to get a daily dose of vitamin C.

**Vegetable Steamer:** Did you know that steaming vegetables could make them even healthier? With a steamer, preparing tasty vegetables has never been easier.

## Stress – Recognise and Manage your Levels



Christmas can be one of the more stressful events of the year. The expense of buying gifts or the heightened expectations of family togetherness can all undermine our best intentions.

Now, and in the longer term, stress management can be a powerful tool for wellness. Consider these practical suggestions for better management.

### Avoid unnecessary stress

Not all stress can be avoided but you may be surprised by the number of stressors in your life that you can eliminate.

1. **Learn how to say “no”** - Know your limits and stick to them.
2. **Avoid people who stress you out** - Limit the amount of time you spend with people that cause you stress.
3. **Take control of your environment** e.g. If the evening news makes you anxious, turn the TV off. Or, if going to the shops is an unpleasant chore, do your grocery shopping online.
4. **Avoid hot-button topics** - If you repeatedly argue about the same subject with the same people (e.g. religion), stop bringing it up or excuse yourself when it's the topic of discussion.
5. **Break down your to-do list** - Analyse your schedule and responsibilities and remove tasks that aren't truly necessary.

### Alter the situation

If you can't avoid a stressful situation, try to alter it.

6. **Express your feelings instead of bottling them up.** Aim to communicate your concerns in an open and respectful way.
7. **Be willing to compromise.** When you ask someone to change their

behavior, be willing to do the same.

8. **Be more assertive.** Aim to deal with problems head on, doing your best to anticipate and prevent them.

9. **Manage your time better.** If you're stretched too thin and running behind, it's hard to stay calm and focused.

### Adapt to the stressor

If you can't change the stressor, try to adapt yourself.

10. **Reframe problems.** Try to view stressful situations from a more positive perspective.

11. **Look at the big picture.** Ask yourself how important it will be in the long run.

12. **Adjust your standards.** Set reasonable standards for yourself and others, and learn to be okay with “good enough.”

13. **Focus on the positive.** When stress is getting you down, take a moment to reflect on all the things you appreciate in your life.

### Accept the things you can't change

Some sources of stress are unavoidable. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

14. **Don't try to control the uncontrollable.** Many things in life are beyond our control— particularly the behavior of other people.

15. **Look for the upside.** When facing major challenges, try to look at them as opportunities for personal growth.

16. **Share your feelings.** Talk to a trusted friend or make an appointment with a therapist.

17. **Learn to forgive.** Free yourself from negative energy by forgiving and moving on.

And last, but not least:

***Make time for Fun, Rest and Relaxation***

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*“Life can only be understood backwards; but it must be lived forwards.”*  
- SOREN KIERKEGAARD

## Great Party Season Side Dishes

### Zucchini Soufflé

#### Ingredients:

2 1/2 cups zucchini  
 1/2 cup (115gms) fat-free cream cheese  
 4 tablespoons grated Parmesan cheese  
 1 egg yolk  
 2 stiffly beaten egg whites  
 1 tablespoon cornstarch  
 Salt and pepper to taste  
 Dash of nutmeg

#### Preparation:

Preheat the oven to 120°C. Steam zucchini and mash. In a non-stick surface pan, cook the zucchini for 8 to 10 minutes over high heat; stir constantly until the water has evaporated. Add the cornstarch little by little until the mixture thickens. Add the cream cheese, grated Parmesan, egg yolk, and stiffly beaten egg whites. Pour in a non-stick surface pan (3/4 full). Cook in the oven in a double boiler for 35 minutes. Remove from the double boiler and continue cooking in the oven, high heat (160°C) for 10 minutes more. Serve immediately.

Note: Using the same recipe, you may prepare soufflés with leeks, celery, cauliflower, carrots, and mushrooms.



### Spinach and Mushroom Bake Recipe

This is a nice side dish or brunch dish and it's loaded with vegetables! If you are serving more than nine people, double the recipe and use a 9x13-inch baking pan instead.

#### Ingredients:

1 cup chopped onion  
 2 cups (about 230gms) sliced mushrooms  
 2 cups grated or diced carrots  
 1 cup diced zucchini  
 2 280gm boxes frozen chopped spinach (thawed and gently squeezed to eliminate excess water)  
 1/2 cup Matzo Meal (available at Coles - use unsalted if someone is on a low-sodium diet)  
 3 large eggs, lightly beaten  
 3/4 cup egg substitute  
 1/4 teaspoon salt, optional  
 1/4 teaspoon black pepper  
 2 teaspoons low-sodium chicken stock powder

#### Preparation:

Preheat oven to 160°C. Coat a 22x22cm baking pan with canola cooking spray. Coat a large nonstick frying pan with canola cooking spray. Add the onions and mushrooms, cover pan, and let cook over medium heat, stirring occasionally, until mushrooms are lightly browned. Add the mushroom mixture to a large bowl along with all remaining ingredients. Mix thoroughly (a wooden spoon or your hands work best). Spread into the prepared pan and bake until firm and lightly browned on the bottom (45-60 minutes).

*“Perhaps the best Christmas decoration is being wreathed in smiles.”*

- UNKNOWN

## Controlling Pests Safely in Your Home.

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We're on the Web!

See us at:

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*"Try to learn something about everything, and everything about something."*

- THOMAS H HUXLEY

We had an overwhelming response to the hygiene article posted in the last edition. It sparked much interest, and many requests for a related article on pest control in the home.

It may be the season, or the change in weather patterns, but there has been a noticeable increase in the number of pests around our homes.

Blasting unwanted critters with a potent poison may seem like a satisfying solution to your pest problem, but the same stuff that's toxic to pests is often toxic to people too -- especially kids.

And because pesticides typically treat pest symptoms, and not underlying causes, they often don't work as well as prevention-based alternatives. Here are 5 general tips for putting a lid on pests.

### Tip 1: Make Sure Your House Is Clean and Dry

Many insects and rodents are attracted to food and water, so start off by making your home less enticing to pests.

Wipe up spills immediately with soap and water, take out garbage daily and keep garbage cans clean of food residue. Keep ripe fruit in the fridge, and make sure all food and beverage containers outside the fridge or freezer are tightly sealed.

### Tip 2: Seal Entryways

Deny access to new invaders by making

sure potential entry points are sealed off.

### Tip 3: Try Chemical-Free Strategies

Now that you're denying pests food, shelter and access, it's time to put the squeeze on any lingering intruders. Vacuuming is a good way to accomplish this.

### Tip 4: Choose Lower - Risk Pesticides

If problems persist, consider hiring a professional trained in Pest Management, who will use physical controls and low-toxicity products to manage pest problems.

### Tip 5: Minimise Exposure

When using any pesticide, be sure to limit the exposure of everyone in your household.

Avoid frequent applications, follow all precautions listed on the label, such as wearing gloves, masks or goggles and make sure any baits, traps or pesticide residues are kept out of reach of children and pets.

Never dump leftover pesticides in the garbage, on the lawn, or down the drain, where it could contaminate the soil or drinking water.

Check with your public works department about how to dispose of hazardous waste.

## Notice Board:

If you are interested in past newsletter issues please visit

<http://www.healthfutures.com.au/newsletter.php>

Have a great month!