



Conversation, Not Calories

Food brings us together, but don't let it take over. People gain an average of two to three pounds over the holiday season that they don't lose during the rest of the year. Limit your calories, but not your fun, during mealtimes with friends and family.

Socialize and eat slowly. Focus on sharing conversations, instead of focusing on the food. One of the great parts of the holidays is having time with friends and family. If you eat food slowly, your body will begin to digest, helping you to be satisfied without overeating.

Remember that you are with family and friends. They are just as interested in telling you what is going on with their life as you are with yours. The world around us grows even more hectic during the holidays, which should lend itself to more subjects of conversation.

The focus of holiday gatherings should not center around the preparation and eating of the food, but in the people gathered there. Contribute to the preparation as well as help entertain family or friends present.

Try not to focus on yourself in the conversations. No one likes talking about someone more than themselves. Ask questions and actively listen to others.

Pay attention to the conversations going on around you. In a conversation, a person wants to know you're listening, and when you're eating good food, it's hard to focus on much else. Take a bite during the brief pauses, but restrain yourself from talking while that bite is still in your mouth.

It takes 20 minutes to tell if you are full after eating. Instead of continuing to eat after you start to feel satisfied, fill this time with conversation about life, politics, work, or school. If you get into a fun conversation, the time will fly by. You will feel satisfyingly full instead of feeling uncomfortably full.

The meal may take longer to eat with the extra effort directed toward listening and talking, but you'll end up eating less, grow satisfied faster, and have more fun than you would simply from eating.

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10 Ideas for Leftover Turkey

1. Transform leftover turkey into an elegant turkey divan by topping a turkey and broccoli casserole with melted reduced-fat cheese and a light crumb topping.
2. Add some shredded turkey to your breakfast omelet or frittata.
3. Enjoy a light turkey Caesar salad.
4. Add shredded turkey instead of beef to a chili recipe.
5. Make an individual serving of stuffing casserole.
6. Add shredded turkey to your favorite rice dish.
7. Add shredded turkey to your favorite pasta dish.
8. Use shredded turkey in place of chicken in your favorite Mexican recipes.
9. Add diced turkey to whatever soup, stew, or chowder you enjoy.
10. Make a turkey salad sandwich.

Provided by WebMD.

What's for Dinner?

Every November, Americans gather around the table to eat their fill of turkey, mashed potatoes, stuffing and yams.

With hearty meals and leftovers to follow, many Americans dread the thanksgiving season and the inevitable weight gain.

Luckily, eating turkey does have its health benefits, which should bring comfort to turkey lovers.

Turkey, one of the leanest meats, is a great source of protein. Maintaining a good protein intake helps reduce the risk of developing chronic degenerative disease. Our body uses protein in cell construction and muscle building.

The niacin or vitamin B3 found in turkey produces energy in human cells, increases the chemical communication between cells and helps reduce cholesterol levels.

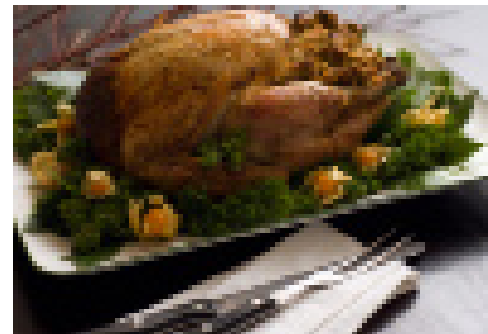
Eating turkey can also reduce the risk of cancer because it contains the mineral selenium. Selenium plays a role in DNA repair as well as bodily functions, including

antioxidant defense systems and immune system functions. Selenium also lowers the risk of cardiovascular disease.

These are merely a few of the health benefits that you can enjoy from eating turkey this Thanksgiving.

But why stop with the holidays?

Turkey is inexpensive and always available. It can be enjoyed year round and can be easily added to your diet.



For Our Posterity

There are two types of people: those who write in journals and those who don't. "If you have not already commenced this important duty in your lives, get a good notebook, a good book that will last through time and into eternity for the angels to look upon," advises President Kimball. "Begin today and write in it your goings and your comings, your deeper thoughts, your achievements, and your failures, your associations and your triumphs, your impressions and your testimonies."

Perhaps fears of embarrassment keep you from recording your thoughts and feelings. Journaling doesn't have to end with the dramas of high school and college. There are times when your journal can be your best friend, a best friend that lies completely open as you

pour out your emotions and thoughts. It can be a comfort through your trials in life. Journals can be an outlet for your complaints and fears, your hopes and aspirations.

Before you get started, here is some advice. Be yourself; nothing is more difficult than writing to some mysterious audience or future generations. Although your posterity may read your journal, let them know that you went through difficult times and had struggles too. Also let them (and yourself) know that you got through those trials.

The task President Kimball gave us in 1980 still remains, and although it may be intimidating to get started, knowing that "angels will look upon," it is one that is not without reward.

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.

Contact Information

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Visit us online at
www.byui.edu/campuswellness

Note:

If you're planning on participating in the DMBA program to earn up to \$100 back on your premium, visit <http://www.dmba.com/wellness/wellness.asp>.



THYMES AND SEASONS

Keep your family healthy and satisfied with these recipes.



Turkey and Stuffing Quiche

2 1/2 to 3 cups leftover stuffing or a 6 ounce package chicken stuffing mix
1 cup chopped, cooked turkey
1 cup shredded Swiss cheese
4 eggs, beaten
1 5 1/2-ounce can evaporated milk
1/2 tsp black pepper

If using stuffing mix, prepare according to package directions. Press stuffing into greased 9-inch pie plate or quiche pan, forming a crust. Bake at 400 degrees for 10 minutes. Remove from oven. In a small bowl, combine turkey and Swiss cheese; set aside. In separate bowl, beat eggs, milk and pepper. Sprinkle turkey and cheese mixture over hot crust. Pour egg mixture over turkey. Lower oven temperature to 350 degrees and bake quiche for 30-35 minutes or until knife inserted in center comes out clean. Let quiche stand 10 minutes before serving.

Provided by Colorado Cooking.



Turkey Tetrazzini

8 ounces spaghetti, broken in pieces
5 Tbsp butter or margarine
6 Tbsp flour
3 cups chicken or turkey broth
1 cup light cream
1 tsp salt
1 tsp pepper
1 cup fresh or canned mushrooms [optional, depending on like for mushrooms]
5 Tbsp minced green peppers
3 cups cooked turkey, cubed
1/2 cup grated parmesan cheese
1/2 cup shredded cheddar cheese

Cook spaghetti in boiling salted water until just tender [do not overcook]. Melt butter; blend in flour. Stir broth into flour mixture. Add cream. Cook until mixture thickens and bubbles. Add salt and pepper, drained spaghetti, mushrooms, green peppers, and cooked turkey. Turn into a 9x13 casserole. Sprinkle with cheeses. Bake at 350 degrees for about 30 minutes or until bubbly and lightly browned.

Provided by Lion House Recipes.



Turkey Chutney Salad

2 cups diced cooked turkey
1 can pineapple tidbits, drained
1 cup chopped celery
1/4 cup salted peanuts
1/2 cup sliced green onions
3/4 cup chopped unpeeled apple
lettuce leaves

Dressing:

1 cup mayonnaise
3 Tbsp chopped chutney [substitute dried cranberries]
1/2 tsp freshly grated lime peel
2 Tbsp fresh lime juice
1 tsp ground ginger
1/2 tsp curry powder
1/4 tsp salt

In a large bowl, toss turkey, pineapple, celery, peanuts, green onions and apple. Combine dressing ingredients in lidded jar [or blender] and shake well. Pour dressing over salad and mix well.

Nutritional Facts about Turkey

Meat Type	Calories	Total Fat	Protein
Breast with skin	194	8 grams	29 grams
Breast w/o skin	161	4 grams	30 grams
Wing w/skin	238	13 grams	27 grams
Leg w/skin	213	11 grams	28 grams
Dark meat w/skin	232	13 grams	27 grams
Dark meat w/o skin	192	8 grams	28 grams
Skin only	482	44 grams	19 grams

Provided by <http://www.urbanext.uiuc.edu/Turkey/nutrition.html>.

The Sun and You

As children, we were told to stay in the shade as much as possible and avoid the sun's harsh rays. But did you know that the sun affects your mood in a positive way?

"Direct linear relations have been found between positive and negative moods and weather variables," say psychologists Daniel G. Lagace-Seguin and Marc-Robert L. d'Entremont, in relation to the connection between sunlight and emotional effects. Sunlight can aid in better moods, whereas a lack of sun can cause depression and other feelings of negativity.

Did you know . . .

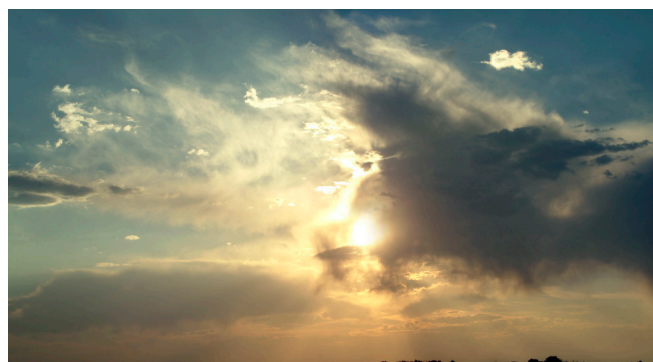
10-15 minutes of sun exposure twice a week can provide you with the vitamin D your body requires.



This is a problem faced by many in Rexburg, especially because of the long periods of dismal weather. During seasons where the sun is not as frequently seen, many residents experience Seasonal Affective Disorder (SAD) or winter depression because they don't get enough sun.

One way to combat SAD includes a change in diet. Many people begin to eat unhealthily when it is cold outside. During the winter, we tend to eat more because we stay inside for longer periods of time with nothing to do. Instead of snacking on things that are high in calories and sugars, try healthier alternatives such as vegetables, nuts and cheeses. Not only will this improve your mood, but your body will respond more positively.

You can also overcome the effects of SAD by keeping a regular sleeping schedule. Naps aren't always bad, but when your naps



interfere with sleeping, you are more prone to depression.

Other possible solutions to SAD include participating in winter sports or simply doing your homework or just relaxing during daylight hours by a window when the sun is shining.

Though you shouldn't stay in the sun all day long, make sure to expose yourself to sun for a short period of time, eat healthily and maintain a regular sleeping schedule. Doing these three things will help you feel happier and combat the effects of SAD.

Caffeine: The Student Solution

Whether sitting behind the wheel driving or behind the desk studying, students are reaching for their favorite energy drinks to keep their eyes from shutting. Those who drink the high-caffeine beverages either know and disregard or are ignorant to the warnings and red flags associated with such drinks. So why do so many students drink them?

"I drink them when I need a little boost," says one anonymous BYU-Idaho student. "When I'm tired and need to study, they wake

me up." These boosts are not occasional when used by students. Many consume multiple cans of their favorite energy drink each day.

A boost is what the students receive, but that is not all. According to an article published in The New York Times, those who use energy drinks to get that boost may experience nausea, abnormal heart rhythms and emergency room visits.

The drinks may even have a link to risky behavior. Young adults and adults alike on a caffeine buzz are more likely to subject

themselves to health and safety risks. "It appears the kids who are heavily into drinking energy drinks are more likely to be the ones who are inclined toward taking risks," said Dr. Kathleen Miller, addiction researcher at the University of Buffalo.

"Many people are inclined to drink the whole container and may get even more caffeine than they expect since they often come in cans that are not re-sealable," says Jamie Hirsh of consumer reports. Popular energy drinks—Monster, Rockstar, Amp, and Spike Shooter—contain between 107–428 milligrams of caffeine versus the 71.2 contained in a 12 oz. can of Jolt Cola or the 55 oz. in a can of Mountain Dew.

Caffeine gives a boost to keep us going through school. We all need a little something more to get through each day. Realize though that there are effects that have the potential to become serious health issues over time. If we need that boost to simply get through school, how do we know if it will stop when school is over?

5 Healthy Ways to Get that Energy Boost

1. Eat breakfast
2. Take a walk around the block
3. Take a power nap for 30-60 minutes
4. Drink plenty of water
5. Eat more grains and less sugar



Breath Deeply

Does life ever seem overwhelming at school? Most students feel stress and anxiety sometime while they are either working or studying. If stress becomes overwhelming, it can lead to changes in weight, trouble sleeping and difficulty with verbal and short-term memory. It can also cause muscle pain and headaches.

Fortunately, deep relaxation can counter the negative effects of stress according to Dr. Edmund J. Bourne, an anxiety specialist psychologist. These benefits include increased energy levels and productivity, improved concentration, reduced fatigue and increased self-confidence.

"I can get migraine headaches from stress," says Aaron Tharp, a sophomore in communications. "But since I've been doing deep breathing exercises almost every day, I haven't gotten migraines."

Deep relaxation is more than surfing the internet, watching television or taking a bubble bath, though these things are relaxing. Deep relaxation is a physiological state that leads to a decreased heart rate, decreased blood pressure and decreased muscle tension, according to Bourne.

Try this relaxation exercise now, and see if you feel calmer. If so, make it a daily habit. "Regular practice of deep relaxation on a daily basis can produce a generalization of relaxation to the rest of your life," wrote Bourne.

The exercise can be found to the right.



Relaxation Technique

- Breathing from your abdomen, inhale through your nose and slowly count to five.
- Pause and hold your breath to a slow count of five.
- Exhale slowly through your mouth or nose to a count of five (or more, if it takes you longer). Be sure to exhale all air.
- Take two normal breaths. Repeat the first three steps.
- Keep doing this exercise for at least five minutes, going through at least ten cycles.
- Throughout, remember to breathe smoothly and regularly.
- Optional step: Every time you exhale, say "calm," "let go" or another relaxing word or phrase. Allow your whole body to let go as you say this. If you do this every time, just saying the relaxing word itself will bring a mild state of relaxation.

"Be Still, and Know that I am God"

David O. McKay urged members of the church to implement meditation into their daily lives. He said, "We pay too little attention to the value of meditation, a principle of devotion."



As members of the Church, we know exactly how to pray. Many of us have been offering prayers since we could utter our first few words. But how can meditation fit into our lives?

Brittany Flint, a senior studying horticulture has found a way. "The gardens offer a place to get away from everything, and focus on the things that are really important," she said. She finds that by surrounding herself with the beauty of nature, she feels much closer to her Heavenly Father.

A vital ingredient of mighty prayer is meditation. In meditation, you try to minimize the influences of the outside world and focus inward. As you focus, let your mind be guided by the Holy Spirit, and by doing this, you take full advantage of revelation.

Prayer and meditation go hand in hand, and both are elevated with each other. These abilities together can help you. "Meditation is the language of the soul," said President McKay. Let your soul speak as you include meditation in your daily prayer routine, and discover the peace and love that comes when "God has entered the soul."

Did you know . . .

In 1955, David O. McKay made the declaration of increasing the Church's efforts to bring every spiritual privilege to the distant missions of the world. This allowed each nation the opportunity to build up its own church leadership rather than emigrate to America.



Find Time to Read with Your Spouse

We all appreciate a good book when we find one. While cultivating the habit of reading often, many of us don't realize the potential for a greater experience in reading with our spouse.

Reading helps develop language, vocabulary and all-around comprehension skills. Those who read frequently find that they better understand course material at school and business documents at work.

But what about reading with your spouse?

Reading with your spouse not only develops these key skills but allows for a stronger relationship.

Experiencing a story with a companion you love can make the adventure more enjoyable. You both learn and grow through reading while enjoying time together.

Daniel Hamman, a graduating senior attending BYU-Idaho, reads frequently with his wife. They find it a great way to spend quality time together. They even find reading together sparks new conversations and topics to discuss.

Make the effort to read with your spouse. If you're comfortable, try creating individual voices for each character so that you both can read and add to the experience.

It may seem cheesy at first, but it allows you to stop acting like adults and remember the good times of youth and add more to your relationship.

Reading is not something we should simply do to pass the time. It has wholesome long-term effects in relieving stress, increasing reading skills and helping us learn more about the world.

Pick out a book that both you and your spouse will enjoy, whether it be Harry Potter, The Da Vinci Code or Twilight. Choose a story that will allow you to have fun.

Reading with your spouse has the potential to create a stronger relationship, and makes it even more fun to spend time together.

A, B, C's of Time Management

As you head home each day from the office and classes, you are pleased at the number of things you were able to accomplish. You read through your emails, made some calls, did some homework, and it feels like you've made progress. And yet you ask yourself, "Have I really used my time as best I could?"

Time management often seems like busy work and a distraction from actually getting the job done. You've got enough things to worry about without having to plan specific times to do them. However, use of this simple technique can greatly reduce the stress of multiple projects.

In his book "How to Get Control of Your Time," Alan Lakein suggests you categorize your tasks into A, B, and C priorities. "A" priorities are the important tasks, such as big projects due in the next week. "B" priorities are tasks that do not need to be completed immediately, such as projects due in a month. "C" priorities are the tasks you do every day, but are not critical to getting the job done, such as reading emails.

Once you've applied these categorizations to your projects, you can decide when things need to be done. You cannot obviously do only the "A" priority tasks.

So go and figure out what you have coming up over the next few weeks. Determine what projects you need to start working on,

while at the same time remembering the upcoming projects and emailing.

The key to this method is to break up tasks into smaller ones that can be done at your own rate. The larger tasks feel less daunting when you can do pieces at a time rather than all at once. So outline your course of action on that big proposal and then do your email correspondence the first hour of work.

Balance what needs to be done with the less-imperative tasks. This will allow you to work through each day and whittle down your project load.



BYU-Idaho on Wellness is a student project produced in cooperation with the BYU-Idaho Wellness Committee and the Departments of Health Science and English. For sources, subscriptions or other information, contact Leon Anderson at 208.496.1958. You can also find us online at www.byui.edu/CampusWellness.

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