

Healthy Living

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December 2020

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HOLIDAY HEALTH TIPS

During this strange COVID 19 holiday time, we need to get creative to celebrate and have fun.

Let your brain go wild with ideas to make this a special season. Here are a few starters for this time of social distancing:

1. Have a dance. Make it formal, or themed like 50's or 80's. Roll back the rug and dance away.
2. What was your favorite activity as a child? Can you recreate that at home or in an outdoor setting? If not, give yourself some meditation time and visualize it happening. Use great detail with sights, sounds, smells, tastes and touch.
3. Have a cocktail party with those in your household and dress up.
4. Live stream concerts, operas, Broadway shows and dress as you would if you were attending in person.
5. Have a pajama party and pillow fight.



Merry
Christmas

— AND —
HAPPY NEW YEAR

Holiday Health Tips Continued:

6. Camp out in the back yard (weather permitting).
7. Pretend you are out at a restaurant and let family members take turns being the servers and cooks.
8. Have a chili cook off or a pie bake off and let each member find a new recipe that none of you have tried and judge the best new recipe to incorporate into future meals.
9. Try any of these while Zooming with friends and family.

Creativity and play are fabulous immune enhancers and stress busters.

Go for it!

BEMER TIPS

The BEMER is best used with quiet and a meditative state. But sometimes schedules get crazy. Rather than skip your 8 minutes twice a day, try taking the BEMER in the car with you and doing sessions while you drive. For those working at home, keep the BEMER next to your computer and multi task that way. It's better to multitask while using the BEMER than not use it at all. Do try to find quiet times as often as possible. Our brains and bodies do need to destress. And definitely use it if you need to travel.

BEMER
GROUP

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Baked Goat Cheese Dip

From Kroger Magazine

Ingredients:

- 8 oz cream cheese, softened
- 8 oz goat cheese, softened
- 2 cloves garlic, minced
- 1 ½ tsp. minced, fresh thyme leaves
- 1 ½ tsp. minced, fresh rosemary
- ½ tsp. red pepper flakes
- ½ tsp. kosher salt
- ½ cup shredded asiago or parmesan cheese, divided
- Veggies, crackers, or bread

Serves 6

Per serving: 280 cal; 24 g tot fat; 15 g Sat fat; 70 mg Cholesterol; 480 mg Sodium; 2 g carbs; 0 g fiber, 1 g sugar, 14 g protein

Instructions:

1. In medium bowl, beat cream cheese with a wooden spoon or rubber spatula until smooth. Add goat cheese and beat until combined. Add garlic, thyme, rosemary, salt, red pepper flakes and ¼ cup cheese
2. Scrape into small baking dish (about 1-quart). Top with remaining ¼ cup cheese. (You can make dip to this point, cover with plastic wrap, and refrigerate for up to 2 days)
3. To serve, preheat oven to 400 F. Bake until browned and bubbling, about 15 minutes. Serve hot with veggies, crackers, or bread. Refrigerate any leftovers.

