



Three Quick Resets for the Holiday Rush

The stretch between now and the holidays can feel like a sprint. Schedules shift, routines blur, and it's easy to slip into "just get through the day" mode. A few simple habits can help you stay centered without adding more to your plate, so to speak.

Pause before you grab a snack.

This season comes with treat tables, office goodies, irresistible deals on holiday sweets, and stress snacking. Before you reach for something, take a five-second pause and notice what you actually need, whether it is energy, a break, a walk, or a little comfort. That quick check-in helps you make a choice that matches what is going on for you, not the noise around you.

Make leftovers work for you.

Holiday dishes can be rich, and they tend to hang around all week. Instead of picking at them on autopilot, turn them into something lighter. Add roasted vegetables to stretch a heavy pasta, pair a small portion with a big salad, or freeze the leftovers you do not want calling your name. A little structure keeps them from running the show.

Give yourself a real meal.

Busy days make it tempting to graze. (So do slow days off!) A simple plate such as soup, a wrap, or leftovers paired with something fresh helps keep your appetite more predictable and makes it easier to stay focused through the day. When your meals are sorted out, it is easier to handle everything else you have going on.

Small resets add up. Try one today and give yourself a little more breathing room this week!

Crispy Mashed Potato Cakes



Here's a quick way to repurpose leftover mashed potatoes into something hearty and satisfying.

Ingredients:

- 1 cup leftover mashed potatoes
- 1 egg or flax egg, lightly beaten
- ¼ cup flour or breadcrumbs
- 2 tablespoons chopped scallions or herbs, optional
- Salt and pepper
- Olive oil for the pan

Instructions:

Mix everything in a bowl. Form small patties and cook in a lightly oiled skillet over medium heat for about three to four minutes on each side, until golden and crisp. Serve with a handful of greens and beans or a hearty vegetable bean soup.