



3 ways to prioritize YOU this week

Season's Greetings from Diet ID! As we approach the end of the year, we want to acknowledge and celebrate your dedication to healthier eating habits. Your journey to wellness, marked by every small but significant change, inspires us. Thank you for allowing us to be a part of this transformative experience.

The essence of the holiday season is not just in the festivities but also in embracing the importance of self-care. Prioritizing yourself is not selfish; it's essential for maintaining a healthy mind and body, enabling you to be your best in every role you play - be it as a professional, a parent, a partner, or a child. Remember the wise words of flight attendants: "Secure your own oxygen mask before assisting others." This metaphor aptly applies to life - taking care of your own well-being is the first step to effectively caring for others. To help you focus on self-care, here are three practical strategies to prioritize your health and happiness this week:

Integrate Mindful Breaks into Your Day: Dedicate a few minutes, several times a day, for yourself. Schedule these breaks and honor them as you would any important appointment. During these moments, disconnect from digital distractions and daily tasks. Engage in activities that relax and rejuvenate you - listen to soothing music, practice deep breathing, enjoy a brief walk, or simply revel in the tranquility of nature. Taking regular pauses to decompress can significantly alleviate stress and refresh your mind.

Communicate Your Health Commitments:

Often, our desire to please others leads us to overcommit, especially during the holidays, at the expense of our well-being. Be open with your family, friends, and colleagues about your commitment to your health. They are more likely to support your decisions and respect your boundaries if they understand your priorities. Remember, it's okay to say no to additional responsibilities and to ask for help when needed.

Establish a Morning Routine That Energizes You:

Start each day with an activity that uplifts you. It could be a vigorous workout, a series of yoga stretches, a walk in the morning light while listening to a podcast or audiobook, journaling with a comforting beverage (don't miss the tasty recipe below!), or a warm cuddle with your pet or loved one. Craft a morning ritual that excites you, making waking up something you look forward to, rather than a moment to hit snooze.

Embrace these practices to ensure your well-being remains at the forefront this holiday season and beyond. You deserve it!

Holiday Time (or anytime) CocoaTea



This cocoa-tea combo has no sugar but tastes sweet, creamy, and delicious. Plus, you get a beneficial assortment of antioxidants from the tea, cocoa, and cinnamon. It's a wonderful way to ease into the morning.

You will need:

- ¼ cup boiling water
- 1 tea bag (any kind you like)
- Dash of cinnamon (or more to taste)
- 1 tsp unsweetened cocoa powder
- ⅛ tsp vanilla extract
- 1 cup hot unsweetened almond milk (or milk of your choice)

Pour boiling water into a large mug and add the tea bag. Steep for 2-3 minutes.

Remove tea bag and add cinnamon, cocoa powder, and vanilla. Whisk well until cocoa is dissolved.

Slowly add hot milk as you continue to whisk.

Enjoy!