

YOUR CARE POLMED

December 2022

“Special occasions
come and go, but good
health stays with you
forever.”
Anonymous



Dear Member

The holiday season is just the time to let go a little, but it doesn't have to be at the expense of your health or your waistline. We've shared an infographic that highlights **4 trades to help you enjoy healthier holiday snacks and drinks.**

We also share 4 tips that will help you **manage your mental health during the holidays** and welcome 2023 on a more positive note.

Stay safe and enjoy the festive season!

In this issue...

MAKE THE SWITCH TO HEALTHIER HOLIDAY SNACKS

With the festive season comes festive treats, many of which aren't particularly healthy. But the good news is that you can enjoy the holidays and still stay on top of your health.

[READ MORE...](#)

MANAGE YOUR MENTAL HEALTH THIS FESTIVE SEASON

The holidays are considered a time for joy and fun, but financial strain, family conflict and loneliness can make the festive season a depressing and anxious period.

[READ MORE...](#)

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COVID-19
Online Resource & News Portal
SAcoronavirus.co.za



**STAY
SAFE**

PROTECT SOUTH AFRICA

YOUR CARE POLMED

December 2022



Make the switch to healthier holiday snacks

With the festive season comes festive treats, many of which aren't particularly healthy. But the good news is that you can enjoy the holidays and still stay on top of your health.



TRY THESE 4 TRADES FOR A HEALTHIER HOLIDAY SEASON:

1. Swap potato chips for unsalted peanuts and raisins



POTATO CHIPS

High in salt and unhealthy fats, which can increase the risk for complications in those living with diabetes and hypertension.



UNSALTED PEANUTS AND RAISINS

Healthier alternatives that can lower blood pressure. Peanuts can also improve glucose levels.

Note: Raisins contain sugar so they should be enjoyed in moderation.

2. Swap butter biscuits for all-bran rusks



BUTTER BISCUITS

Butter biscuits are loaded with sugar.



ALL-BRAN RUSKS

High in fibre, low in sugar and typically contain seeds and nuts. Thanks to the fibre content, all-bran rusks are better at managing blood pressure and blood sugar levels than biscuits.

3. Swap cream-based dips for vegetable-based dips



CREAM-BASED DIPS

Can be high in salt, fat and carbohydrates – not a healthy option for those living with hypertension or diabetes.



VEGETABLE-BASED DIPS

Vegetable-based dips, such as hummus and avocado, are a much better bet.

4. Swap soft drinks and alcohol for sparkling and infused water



SOFT DRINKS AND ALCOHOL

Can increase the risk for complications in those living with diabetes and hypertension, as they can increase blood sugar and blood pressure levels.



SPARKLING AND INFUSED WATER

Opt for sparkling water or add fruit or vegetable slices to your water for taste.

Healthy eating is important, but that doesn't mean you should stay indoors during the festive season. If you're worried about your snacking habits at social events, pack healthier snacks and drinks so that you can stay healthy and jolly.

References

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If you have any questions or need more information, please call POLMED on 0860 765 633 (select the option for the Disease Management Programme), or send an email to polmeddiseaseman@medscheme.co.za with your membership number and contact details.

YOUR CARE POLMED

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Manage your mental health this festive season



The holidays are considered a time for joy and fun, but financial strain, family conflict and loneliness can make the festive season a depressing and anxious period.



ACCORDING TO STATISTICS, SUICIDE RATES IN SOUTH AFRICA

INCREASE BY 11.7%
DURING DECEMBER



Try these 4 tips to help manage your mental health during the holidays:

1. REACH OUT FOR HELP

Reaching out for help can be difficult, especially at a time when everyone seems happy. However, it's important to try to protect your mental health.



Speak to a confidante, your doctor or approach a mental health organisation like the South African Depression & Anxiety Group ([call 0800 456 789](tel:0800456789) or [visit www.sadag.org](http://www.sadag.org)) for support. This type of organisation usually offers services all year round, even during the holiday season.

2. BUDGET

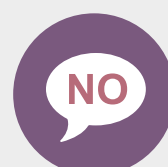
76% of South Africans have admitted to overspending in December, making financial worries among the biggest stressors during the holidays.



Budgeting can help. You can also try making presents yourself, instead of buying them – your loved ones will appreciate the effort.

3. SET BOUNDARIES

“No” may not be what someone wants to hear during the holidays, but you're allowed to say it. Relatives can be emotionally draining, so if you need to, stay clear of them for the sake of your mental health.



4. PRIORITISE SELF-CARE

It's easy to care about others during the holidays, but don't forget about yourself.

Self-care tips include:

- Setting boundaries – trying not to fill up your social calendar
- Following a healthy diet
- Exercising
- Getting enough sleep
- Enjoying holiday fun – visiting a theme park, enjoying a picnic in the park or having a pool or beach day



Managing your mental health over the festive season will help you enjoy the fun and welcome 2023 on a more positive note.

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