



## WEEKLY NEWSLETTER



### **Ashley Denton**

#### **Healthy Tips for Eating and Drinking at the Holidays**

Holidays are a time for celebration, connection and indulgence. For some, indulgence involves stress, self-consciousness, shame and guilt. Eating and drinking are behaviors fueled by emotion and necessity. Some tend to overeat or overdrink when feeling negative feelings, others tend to avoid or restrict. Below are some tips gathered from [Wellbeingplace.com](http://Wellbeingplace.com) on eating and drinking during the holidays.

**Healthy Eating** • Eat a healthy snack before leaving home. This will reduce the risk of snacking or overeating while out running errands or celebrating. You can even bring a snack with you to substitute for a side or dessert. • Go to parties with a plan. Check out the food offerings first before deciding what and how much you eat. Select a variety of foods that include some “fun” and some healthy ones. Fill your plate with less than you plan on eating, and if you’re still hungry you can return for seconds. • Bring a dish. Contribute your favorite healthy dish to the holiday buffet. • Savor every bite. Eating slowly reduces your chances of eating too much. Practice eating mindfully and recognizing the signs of fullness. • Focus on balance rather than restriction. Trying to avoid all desserts or fast food and heavily restricting your calorie intake can backfire and lead you to eating more than you planned due to hunger. Focus on consuming a balanced diet that includes all the major food groups in moderation. • Fill up on fruits and vegetables. Start with a heaping serving of fruits or vegetables that you can consume in higher quantities for less calories. The fiber and nutrients in these foods will help you feel full faster not to mention they provide a host of health benefits. • Have fun! Stay engaged by focusing on the activities at hand instead of food. Converse with others rather than standing around the food table.

**Healthy Drinking** • Enjoy in moderation. Limit yourself to one or two drinks. Choose those with a lower alcohol content and space out each one over the course of the event. • Choose healthier drink options. With so many beverage options to choose from, you can find one that fits your dietary needs best. Look for low sugar or low-calorie options such as hard seltzers. • Set boundaries. If you have a relative or a friend who is constantly refilling your wine glass, prepare for how you will handle the situation and set boundaries ahead of time. • Drink water. Water is a healthy, no-calorie beverage (compared to 1 cup of eggnog that has 342 calories!). In between sips of whichever cocktail you choose, try drinking a glass of water. • Know your relationship with alcohol. Understanding the motivation behind your drinking can help you choose how much and when you indulge. For example, if you don’t drink often during the rest of the year, you probably will have lower alcohol tolerance going into the holidays. • Go sober. With lowered inhibitions, alcohol consumption can lead to risk-taking behaviors. Choosing to stay sober this holiday season can help you stay on track for your goals and enjoy the festivities safely.

Enjoy this holiday season by finding a balance between making healthy choices and enjoying your activities with some indulgence. [https://static1.squarespace.com/static/5a9e085485ede19b306031c8/t/63653a2824ce3721b91f6e0e/1667578409179/Holiday+Tip+Sheet+Helpful+Hints+for+Healthy+Holiday+Eating+and+Drinking\\_2022.pdf](https://static1.squarespace.com/static/5a9e085485ede19b306031c8/t/63653a2824ce3721b91f6e0e/1667578409179/Holiday+Tip+Sheet+Helpful+Hints+for+Healthy+Holiday+Eating+and+Drinking_2022.pdf)

## **TEEN INTENSIVE OUTPATIENT PROGRAM**

This program is for teens 11-18 years old. It is available 5 days per week in our newest location at :

104A Fountain Brook Circle,

Cary, North Carolina, 27511

*For more information, please click on the button below, or call us at*

[919-893-9444](tel:919-893-9444), option 1 for intakes. Email us at :

[info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at

[www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Teen Intensive Outpatient

### **GROUP THERAPY:**

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group



ages 18-26

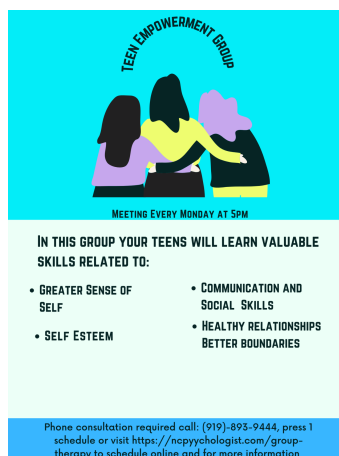
### Young Adult Anxiety + Depression Group

Psychoeducational group for young adults experiencing anxiety and depression. This group will focus on topics such as coping, skills, emotion identification and expression, communication and relationships.

**THURSDAY'S @ 12PM VIRTUAL**

\$200 Deposit  
\$50 per group

Call 919-893-9444



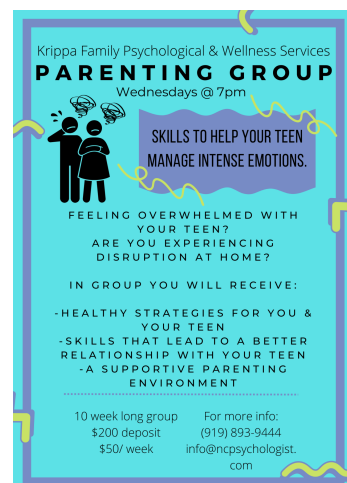
### TEEN EMPOWERMENT GROUP

MEETING EVERY MONDAY AT 5PM

IN THIS GROUP YOUR TEENS WILL LEARN VALUABLE SKILLS RELATED TO:

- GREATER SENSE OF SELF
- SELF ESTEEM
- COMMUNICATION AND SOCIAL SKILLS
- HEALTHY RELATIONSHIPS  
BETTER BOUNDARIES

Phone consultation required call: (919)-893-9444, press 1 schedule or visit <https://ncpsychologist.com/group-therapy> to schedule online and for more information



Krippa Family Psychological & Wellness Services

### PARENTING GROUP

Wednesdays @ 7pm

SKILLS TO HELP YOUR TEEN  
MANAGE INTENSE EMOTIONS.

FEELING OVERWHELMED WITH YOUR TEEN?  
ARE YOU EXPERIENCING  
DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group \$200 deposit \$50/ week

For more info:  
(919) 893-9444  
[info@ncpsychologist.com](mailto:info@ncpsychologist.com)

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

### **Krippa Family Psychological & Wellness Services**

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