



# Royal Throne

New Opportunities is wishing you all a Happy Holiday and a Happy New Year.

We would like to thank our communities in which we serve for your continuous support of the services and programs we offer, especially during the holiday season. Without the support of our staff, volunteers, clients, and community partners, we wouldn't be able to touch the lives of thousands of children, individuals, and families throughout our seven counties: Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac.

**The holidays are a time of celebration, but can lead to stress and sickness. Here are five ways to stay healthy during the holiday season!**

1. **Eat Mindfully** — sit back and enjoy your holiday favorites, but remember it takes a few minutes for one's stomach to register that you are full. So, be mindful in slowing down and taking breaks when trying all the delicious favorites.
2. **Stay Hydrated** — Water is a necessity to the human body. During the hustle and bustle of the holiday season don't forget to take a water break to re-hydrate.
3. **Choose Healthy Substitutes** — In the stress of the holiday season it is easy to seek out non-healthy food items. This holiday season try substituting food items for more healthy alternative options.
4. **Reinvent your holiday workout** — It might be a bit challenging to make time for a sweat session when your social calendar and to-do lists are jam-packed. In order to stay motivated, plan your workout regimen around your holiday schedule.
5. **Make time for self-care** — Don't let the holiday madness take a toll on your mental and emotional health. Whether you're caught up in cooking, holiday shopping or socializing, don't put your needs on the back burner. Take some time off to relax and unwind – go for a walk, meditate, watch your favorite movie or read a good book, do at least one thing every day that makes you truly happy.

<https://www.forbes.com>

## Wear mask, wash hands, and be safe!

### *The Joy of Giving:*

Iowa winters can be brutal, so help give to low-income families in your local community through a winter gear drive by collecting: gloves/mittens, hats, boots, socks, and other clothing items. Donations can be dropped off at your local Family Development Center.

“Every day is a gift, that's why they call it the present.” -Anonymous