



Reality-check the holidays

'Tis the season for rich food, parties, and family time. Even when you have a plan, the holidays often pull you in many directions. How best to respond so you can enjoy this time of year?

WHAT TO DO

Shift your thinking

The way you think affects what you do. Imagine your boss invites you to a party the same night as your son's recital. If you think that skipping the party means

you won't get a promotion, you'll probably get stressed out—and you might wind up overextending yourself or eating for comfort. Instead, do a reality check. Press pause and focus on the facts to shift unhelpful thoughts to realistic, helpful ones.

Unhelpful thought: "If I don't go to the party, he'll think I'm not dedicated so I won't get the promotion we've discussed."

Reality check: "Is there evidence that he'll think

I'm not dedicated? No. He knows how hard I work."

Helpful thought: "I'm disappointed I can't make the party, but that says nothing about my job dedication."

THIS WEEK

Do a reality check

Using the example above, think of a holiday challenge you might face. Write an unhelpful thought you could have; give it a reality check and write a more helpful thought.

My reality check

Unhelpful thought:

Reality check:

Helpful thought:





Perfect for
leftovers



Knife-and-fork Italian turkey & pepper sandwich

Prep 15 min | Cook 8 min

Serves 1

3



5 ml (1 tsp) extra-virgin olive oil
250 ml (1 cup) sliced sweet red
and yellow bell peppers

125 ml (½ cup) sliced onion

2 medium garlic cloves, minced

2 ml (½ tsp) fennel seed

2 ml (½ tsp) dried oregano

125 ml (½ cup) shredded cooked
skinless turkey breast

1 small tomato, cut into chunks
(175 ml [¾ cup])

Pinch salt

28 g (1 oz) Italian bread,
toasted

30 ml (2 Tbsp) sliced fresh basil

HEAT oil in medium nonstick skillet over medium-high heat. Cook peppers and onion, stirring occasionally, until golden, about 5 minutes.

STIR in garlic, fennel seed, and oregano; cook, stirring, 30 seconds. Add turkey; toss to coat. Stir in tomato and salt; cook, stirring occasionally, until tomatoes soften and are heated through, 1-2 minutes. Spoon on top of toast and sprinkle with basil.

 Nut-free

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