

Blue Zones

“When the heart is at ease, the body is healthy.” – Chinese proverb

5 tips to manage holiday stress – the Blue Zones way

Sebastien Saitta Special to The News-Press



GETTY IMAGES

If you've ever been stressed out over the Holidays, you're not alone. According to a survey by the American Psychological Association, 38 percent of people said their stress level increases during the holidays. Whether it's finances, worry of adhering to healthy eating and fitness habits, compressed deadlines at work, navigating an already busy schedule, or trying to find that perfect gift among the holiday crowds, opportunities for stress to seep in are plentiful. The good news, though, there are small, simple ways to make your holidays more enjoyable and help keep stress at bay. Here are some tips to follow:

DONATE SOMETHING — Make donating a priority. Whether you donate clothes, toys, blood, or money, you will feel good about helping others who are in need. And, every time you give, you strengthen your ties with the community and enhance your sense of belonging. It truly is better to give than to receive!

VOLUNTEER — Give the gift of your time this month by volunteering to support a cause close to your heart. Make plans to visit an animal shelter to play with the animals, head to the library to re-shelve books, or call your favorite nonprofit organization to see how you can help. After all, volunteers report greater health and well-being!

TAKE A WALK — Finish each day well by adding some movement with a simple walk outside. Whether it's first thing in the morning, during a lunch break, or in the evening, just 30 minutes of walking can enhance your fitness and improve your health.

ATTEND A PURPOSE WORKSHOP — When you find clarity of purpose, you will enjoy a more centered and vibrant life, and you may even live longer. A Purpose Workshop is a two-hour event led by a certified facilitator that helps people discover their purpose. At a workshop, you will learn about your gifts, talents, and values through reflection and interactive discussions, and you will leave encouraged and equipped with tools for living a more purposeful life. See our Facebook page for upcoming Purpose Workshops near you. www.facebook.com/BlueZonesProjectSouthwestFlorida/

GIVE SOMEONE ELSE THE GIFT OF WELL-BEING — Let Blue Zones Project take the stress out of your holiday shopping. Give the gift of relaxation with a wellness package, a yoga membership, or a massage. Serve others with a donation in a friend's name to a local nonprofit. Or consider purchasing a gift card from a Blue Zones Project Approved restaurant. Keep the holidays healthy and happy for yourself and those you love. Visit our website at SouthWestFlorida.BlueZonesProject.com/ for participating organizations.

LIVE LONGER, BETTER PRESENTATION — Unfamiliar with what Blue Zones Project is all about? Want to find out how you and/or your organization can get involved in this community-wide project? Attend a Live Longer, Better presentation! For more information, please call 239-624-2312.

Date: Thursday, Jan. 9
Time: 2 - 3 p.m.

Location: Marco Island Library, 210 South Heathwood Drive, Marco Island
To Register, go to: livelongerbetter-jan9.eventbrite.com

PURPOSE WORKSHOPS

These two-hour interactive workshops will help you define your unique gifts and talents and how to better use them in both your personal and professional life. By the end of the workshop you will craft a Purpose Statement and begin living a more purposeful life! For more information, call 239-624-2312.

Date: Friday, Jan. 10
Time: 5 - 7 p.m.

Location: Edgewater Beach Hotel, 1901 Gulf Shore Blvd N, Naples
To register, go to: purposeEBH.eventbrite.com

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40 GREAT YEARS & COUNTING...
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Stress

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Cooking Demonstrations

Learn how to apply Blue Zones Project principles for healthier cooking options using veggies, fruits, whole grains, beans and nuts. You'll take home tips for tastier and healthier meals and snacks that your family and friends will love. Join us for an upcoming Cooking Demo to learn how to make delicious Blue Zones Project inspired dishes!

Date: Friday, Jan. 3
Time: 3 - 4 p.m.

Location: Estates Library, 1266 Golden Gate Blvd W, Naples

To register, go to: CookingDemoEL.eventbrite.com

SUPPORT YOUR WELL-BEING IN 2020 AND JOIN AN MOAI

Looking to create a healthier and happier you in the New Year? Join a Moai group at our Moai Launch on Sat-

urday, Jan. 11, 9 - 10 a.m. Whether it's through walking groups, potluck get-togethers, or restaurant-hopping, you are sure to meet new people and improve your well-being along the way! Bring your friends, colleagues, and family members. Choose the Moai launch location below that is best for you. For questions, call 239-624-2312.

COCONUT POINT (Meet outside Florida Blue), 8041 Plaza del Lago Drive, Estero

RSVP: MoaiLaunchCP.eventbrite.com

VINEYARDS PARK - 6231 Arbor Blvd W, Naples

RSVP: MoaiLaunchVP.eventbrite.com

EAGLE LAKES PARK - 11565 Tamiami Trail East, Naples

RSVP: MoaiLaunchELP.eventbrite.com

MACKLE PARK - 1361 Andalusia Terrace, Marco Island

RSVP: MoaiLaunchMP.eventbrite.com

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- Harriet Heithaus, Naples Daily News

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Thursday Dec. 12 Prime Time Television

CC = Comcast Golden Gate / Naples | SB = Summit Broadband Marco Island

cc	SB	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST CHANNELS													
NBC	20	2	2	News (N)	News (N)	Wheel (N)	Jeopardy!	Ellen's Greatest Night (N)	Superstore	Harmony (N)	A Legendary Christmas	News (N)	Tonight (N)
PBS	30	3	3	News	Report (N)	The PBS NewsHour (N)	Sesame Street: 50 Years and Still Sunny!	Sesame Street: 50 Years and Still Sunny!	My Music: A Classic Christmas concert.				Pledge
FOX	36	4	4	FOX 4 News at Six (N)	Family Feud	Pregame	Thursday Night Football: New York Jets at Baltimore Ravens from M&T Bank Stadium (Live)						News (N)
CBS	11	5	5	News (N)	CBS News	News (N)	Inside (N)	Young (N)	The Unicorn	(07) Mom (N)	Carol's (N)	Evil: 7 Swans a. (TV14) (N)	News (N)
CW	46	6	6	Inside (N)	News (N)	Bang	Bang	Supernatural (TV14) (N)	Legacies: This Christmas. (N)	WINK News at 10pm (N)		Bang	Man
ABC	26	7	7	News (N)	News (N)	News (N)	ET (N)	Olaf's	Forgot	The Great American Baking Show: Holiday Edition (N)		News (N)	Kimmel (N)
CTN	49	10	10	Meyer	Light	Real Life	The Great Awakening	Good News	News	Meyer	The Elena & Wommack	Divine Awk	Christ
TELEM	43	15	15	Telediario	Noticias (N)	Caso cerrado (TV14) (N)	El Sultán Imperio.		Decisiones: Unos ganan (N)	El Señor de los Cielos (N)		Telediario	Titulares
UNIV	2	16	18	D'Latinos (N)	Noticiero (N)	Amor eterno Amor a prueba.	Ringo Corazón de campeón.		La rosa de Guadalupe	El Dragón (N)		D'Latinos (N)	Noticiero (N)
CABLE CHANNELS													
WGN-A	11	25	Blue Bloods	Police brutality.	Man	Man	Man	Man	Man	Man	Man	Man	Man
CSPAN	12	16	(4:00) Public Affairs Events	Public affairs events are presented.									
EWTN	17	27	EWTN News	Mass in Honor of Our Lady of Guadalupe			The World Over (N)		EWTN News	Rosary	Pro-Life (N)	Defending	Long Ride
ION	18	47	Chicago P.D.: All Cylinders.	Chicago P.D.: Big Friends.			Chicago P.D.: A War Zone.		Chicago P.D.: Some Friend.		Chicago P.D.: 300,000 Likes.		Chicago P.D.: A Shot Heard.
TOON	20	-	Titans	Titans	Gumball	Gumball	Apple (TVY7)	Gumball	Dad (TV14)	Dad (TV14)	Burgers	Burgers	Family Guy
BET	22	-	Enough ★★½ (2002, Drama)	Jennifer Lopez. Abused woman trains to protect herself. (PG-13)					Kidnap ★★½ (2017, Thriller)	Halle Berry. Kidnapped son. (R)		Martin	Martin
VH1	23	69	(5:50) Why Do Fools Fall in Love? ★★½ (1998, Drama)	Halle Berry. (R)			Daddy's Little Girls ★★ (2007, Drama)	Gabrielle Union. Custody case. (PG-13)				Temptation ★½ (2013) (PG-13)	
CMT	24	67	Man	Man	Man	Man	17 Again ★★½ (2009, Comedy)	Zac Efron. Man becomes young. (PG-13)				She's All That ★★½ (1999) (PG-13)	
E!	26	60	(15) The Devil Wears Prada ★★ (2006, Comedy)	Meryl Streep. (PG-13)			(50) Fifty Shades of Grey ★½ (2015, Romance)	Jamie Dornan. Sexual exploration. (R)				Shades (R)	
COM	27	8	The Office	The Office	The Office	The Office	The Office	The Office	The Office: Branch Closing.			Daily (N)	Lights Out
CNBC	37	37	Mad Money (N)	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Vegan cookies.			Shark Tank	Ice cream twist.	Shark Tank
CNN	38	11	Situation Room (N)	Erin Burnett OutFront (N)	Anderson Cooper 360° (N)	All in with Chris Hayes (N)	The Rachel Maddow Show				CNN Tonight (N)		CNN Tonight (N)
MSNBC	40	36	The Beat with Ari Melber (N)	Hardball with Chris (N)			Christmas Unleashed (2019, Holiday)	Vanessa Lachey.			A Christmas in Tennessee (2018, Holiday)	Rachel Boston.	
LIFE	41	26	The Road to Christmas ★★½ (2006, Holiday)	Jennifer Grey.			Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Hunters (N)	Hunters (N)	Hunters
HGTV	42	42	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Naked and Afraid (TV14)	Naked and Afraid: Fire.			Naked and Afraid: Nature's Evil. Mexico, Belize and the Amazon jungle. (TV14) (N)		Hunters
DISC	43	43	Naked and Afraid (TV14)				Top Elf: Unwrapped.				The SpongeBob Musical: Live on Stage!	Broadway show.	Friends
NICK	44	44	Loud House	Loud House	Loud House	Loud House	Top Elf: Unwrapped.				Coop & Cami	Sydney	(35) Friends
DISNEY	45	45	Good Luck NYC	Sydney	MUSIC		Movie Alone 3 ★½ (1997) Alex D. Linz. (PG)				Unsitatable	Coop & Cami	Raven
FREE	46	46	Holiday ★★ (50) The Santa Clause (1994, Holiday)	Tim Allen. Dad becomes Santa. (PG)			Heavy Rescue: 401				Ice Pilots: NWT		Just Roll
WEATH	47	9	(5:00) Weather Underground	Weather info.			Ex on the Beach (TV14) (N)				Ridiculous	Ridiculous	The 700 Club
MTV	48	70	Jersey Shore: Family (TV14)	Jersey Shore: Family (TV14)			Girls Trip ★★½ (2017, Comedy)	Regina Hall. Raunchy weekend. (R)			Top Ten: Worst Wildfires.		Top Ten: Worst Winter.
FX	49	55	Bad Moms (2016, Comedy)	Mila Kunis. Mom goes wild. (R)			Project Runway: Blast Off.				Project Runway: Urban Jungle. (N)		Ridiculous
A&E	50	50	PD Cam	PD Cam	PD Cam	PD Cam	Court Cam	Court Cam	Live PD: Wanted (TV14) (N)		PD Cam	PD Cam	
BRAVO	51	51	Below Deck: 12 Seconds.	Below Deck (TV14)			Law & Order: SVU (TV14)	Law & Order: SVU (TV14)			Temptation Island (TV14) (N)		Watch What
USA	52	52	Law & Order: SVU (TV14)	Law & Order: SVU: Spousal.			Christmas with the Kranks (2004, Comedy)	Tim Allen. (PG)			(05) Fred Claus ★★½ (2007, Comedy)	Vince Vaughn. (PG)	Blind Date
AMC	53	53	National Lampoon's Christmas Vacation (1989) (PG-13)				Loves Raymond	Loves Raymond	Loves Raymond	Loves Raymond	Men (TV14)	Men (TV14)	(32) Chrisley
TVL	54	54	Andy	Andy	Andy	Andy	NBA Basketball: Philadelphia 76ers at Boston Celtics (Live)				NBA Basketball: Portland vs Denver (Live)		Queens
TNT	55	49	Bones: A Boy in a Bush.	Bones: Man in the Wall.			Panthers	Panthers	Panthers	Panthers	Panthers	Panthers	World Poker Tour (Replay)
FSN	56	56	Panthers	NHL Hockey: New York Islanders at Florida Panthers (Live)			Lightning	Lightning	Lightning	Lightning	Lightning	Lightning	Tampa Bay
SUN	57	30	Lightning	NHL Hockey: Boston Bruins at Tampa Bay Lightning (Live)			The Home Depot College Football Awards (Live)				Football: The Heisman.		Rays
ESPN	58	31	SportsCenter				College Basketball: Iowa vs Iowa State (Live)				Sports: Don't Ever Give Up.		SportsCenter
ESPN2	59	32	Daily Wager				2019 Presidents Cup: Day 2: from Royal Melbourne GC in Melbourne, Australia (Live)				Football: The Heisman.		Football: The Heisman.
GOLF	60	63	(4:30) Live Presidents Cup				American Ninja Warrior	American Ninja Warrior	American Ninja Warrior	American Ninja Warrior	American Ninja Warrior	American Ninja Warrior	American Ninja Warrior
NBCSN	61	491	American Ninja Warrior				The Misery	The Misery	Bang (TV14)	Bang	Bang	Bang	Conan (N)
TBS	62	62	Family Guy	Family Guy	Men (TV14)	Men (TV14)	21 Jump Street ★★ (2012, Comedy)	Jonah Hill. Undercover cops. (R)			(45) 21 Jump Street ★★ (2012) Jonah Hill. (R)		Seinfeld
PARMT	63	59	Men (TV14)	Men	Men (TV14)	Men (TV14)	G.I. Joe: Retaliation ★★½ (2013, Action)	Dwayne Johnson. (PG-13)			A Nightmare on Elm Street (1984, Horror)	John Saxon. (R)	
SYFY	64	64	(4:57) Underworld (2003) Kate Beckinsale. (R)				Forged in Fire: The 12 Cuts of Christmas: Legendary Blade. Fairbairn-Sykes knife; El Cid's Tizona. (N)						
HIST	65	65	Forged in Fire	Steel coil.	Forged in Fire		Ghost Adventures	Ghost Adventures	Ghost Adventures	Ghost Adventures	The Holzer Files (N)		Ghost Nation:
TRAV	66	66	The Holzer Files				20/20 on OWN: Disguise.				20/20 on OWN (TV14) (N)		20/20 on OWN (TV14)
OWN	67	48	20/20 on OWN (TV14)				Whale Wars: Into the Belly.				Whale Wars: Watson's Last Stand: On the Offense. (N)		Whale Wars: Watson's Last Stand: Radio Silence. (N)
ANPL	68	61	Whale Wars: Dead in Water.				PBC Fight Night: Manny Pacquiao v Keith Thurman. (Replay)						PBC
FS1	69	39	WWE Backstage (Replay)				Hannity (N)				The Ingraham Angle (N)		News @ Night (N)
FNC	71	35	Special Report (N)				Dr. Pimple Popper (TV14)				Obsession		Extreme Cheapskates
TLC	72	24	Four Weddings				Christmas Town (2019, Holiday)	Candace Cameron Bure.					
HALL	73	41	The Mistletoe Secret (2019, Romance)	Kellie Pickler.			(15) Gold Diggers of 1933 (1933, Musical)	Dick Powell. (NR)					Havana Widows (1933) (NR)
TCM	74	71	Some Came Running ★★½ (1958, Drama)	Frank Sinatra. (NR)			Kids Baking Championship	Santa's Baking Blizzard (N)			Christmas Cookie		Holiday Ginger.
FOOD	76	28	Christmas Cookie				An Unexpected Killer (N)				Homicide for the Holidays		Homicide for the Holidays
OXYG	79	240	Snapped: Debra Dillard.				Mysteries of the Abandoned: Nazi Wastelands. (N)				Underground Marvels (N)		Underground Marvels
SCI	110	401	Mysteries: Outcast Island.				Evolution of Evil: Hitler.				Evolution of Evil		Evolution of Evil
AHC	112	247	What History Forgot				Project (N)	Sunny			Sunny		Sunny
VICE	116	79	The Clinton Affair (TV14)				Rehab Addict 1916 mansion.				Holmes Buy	Holmes Buy	Holmes Buy
DIY	121	86	Salvage				Man v. Food	Man v. Food	Man v. Food	Man v. Food	The Best Thing I Ever Ate		The Best Thing I Ever Ate
COOK	122	250	The Best Thing I Ever Ate				Player	Parker Plays	Big City	DuckTales	DuckTales	DuckTales	Parker Plays
DISXD	135	68	Amphibia	Hotel (TVY7)			Blue Crush (2002) Kate Bosworth. (PG-13)				Flight of the Intruder (1991, Action)	Danny Glover. (PG-13)	(42) Chaplin
PLEX	149	-	Country Strong ★★½ (2011, Drama)	Gwyneth Paltrow. (PG-13)			Watchmen: God Walks Abar.				Dan Soder: Son of a Gary		(10) Long Shot ★★ (2019, Comedy)
HBO	302	600	Bridesmaids (2011, Comedy)	Kristen Wiig. Maid of honor. (R)			The American ★★½ (2010) George Clooney. (R)				Enemy of the State (1998, Thriller)	Gene Hackman. Framed for murder. (R)	
MAX	320	620	Manhattan Night (2016, Crime)	Adrien Brody. Blackmail. (R)			(15) Peppermint ★★ (2018, Action)	Jennifer Garner. (R)			The L Word: Generation Q		Work (TVMA)
SHO	340	640	Hummingbird ★★ (2019) (R)				Shameless: Sparky. (TVMA)						Eddie