

# November NEWSLETTER



## CONQUER HOLIDAY STRESS



While the holidays are known as the most wonderful times of the year, they can also be some of the most stressful. Between shopping, cooking, sending cards, hosting and attending events, we can be left with an empty tank. Check out a few ways to keep your stress levels in check over the next few months below.

**Stick to your daily routine as much as possible**—Keep prioritizing the things that are important to you at other times of the year, whether that's your workouts or your book club. Doing so helps you keep a sense of normalcy amidst the chaos.

**Forget perfection**—The world is not going to end if the house is a little cluttered or dinner is on the table a few minutes late. Take some time-saving shortcuts, like ordering dessert or a few sides from your local market. Stop obsessing over doing it all yourself.

**Get out of the house**— Not everyone has one big happy family. If yours struggles to get along, consider eating brunches or dinners in restaurants. Being in public discourages loud voices and bad behavior, and the party can end when the meal is over.

**Consider abandoning old customs**— Holidays can be especially difficult for those that are lonely or grieving. It's normal to feel sadness sometimes, so acknowledge your feelings. Don't feel pressured to continue every old tradition, or to force yourself to be happy. Create new ones, and/or invite friends that also struggle this time of year to join you!

**RSVP no**—You don't have to attend every event you're invited to! Choose a few that you really want to go to and make the most out of them. Put your phone and computer away and really savor your face time with friends and loved ones totally unplugged.

**Stick to a budget**—It's easy to go overboard on your spending during the holidays. Instead of exchanging gifts with ALL of your adult family, try a white elephant or secret Santa type of gift exchange where you only need to contribute one gift. Set an amount aside for food shopping and kids gifts and stick to it.

**Take a breather**— Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Listen to soothing music or take a short walk.

### LEFTOVER TURKEY TETRAZZINI

- 1 pound spaghetti, cooked
- 1/2 cup butter, divided
- 1/2 sweet onion, chopped
- 2 garlic cloves, minced
- 1/4 cup all-purpose flour
- 3 cups chicken stock or broth
- 2 cups heavy cream
- 2-4 cups shredded leftover turkey
- 1 cup frozen peas
- salt & pepper to taste
- 1 cup panko breadcrumbs
- 1/2 cup grated parmesan



Preheat oven to 400F. Heat skillet over medium heat. Add 1/4 cup butter and, once melted, add onions. Cook until soft, about 5 minutes. Add garlic and cook for one minute more. Sprinkle flour over onions, cooking for one to two minutes, stirring occasionally. Whisk in chicken broth and heavy cream. Bring just to a strong simmer, reduce heat and cook until slightly thickened, stirring occasionally, about five minutes. Season to taste with salt and pepper. Stir in turkey, cooked noodles and frozen peas. Pour mixture into a greased 2-quart casserole dish or 13x9 pan. Melt remaining butter in a microwave-safe bowl. Add breadcrumbs and parmesan, mix thoroughly. Sprinkle breadcrumb mixture over the top of casserole. Bake for 30 minutes or until hot and bubbling and topping is lightly browned.



Nov 4th—Daylight Savings Time

2:00 AM clocks are turned backward 1 hour

Nov 11th—Veteran's Day

Nov 22nd—Thanksgiving Day (Office Closed)

Nov 23rd—Black Friday (Office Closed)

Nov 24th—Small Business Saturday

(Do your daily or holiday shopping at a local small business to support your community)

## ARE YOU HIRING?

If you're hiring that is awesome because it means your business is growing! Please be sure to go to your PEO's website to obtain the newest versions of employee applications. Several of our partners have updated them recently.

## CAUTION: CONTRACTORS WORKING IN THE PANHANDLE

Following Hurricane Michael, the state is out in full force checking documents of those performing work in the damaged areas. Be prepared with a copy of your roster, General Liability and Workers' Comp proof of coverage on every jobsite to prevent any potential stop work orders.



BUSINESS SOLUTIONS

941-782-3791

207 44TH AVENUE E

BRADENTON, FL 34203

alphabizsolutions.com