

STRESS RELIEVERS

-  Write out your list and hire someone to do your shopping & and gift wrapping (if affordable).
 -  If you are already feeling down about something, you should be aware that the holidays are probably going to make it a little worse. Know that the holidays will pass quickly and you'll go back to coping with that sadness as you have before.
 -  Use relaxation techniques to stay calm. Slow, deep breathing will keep your stress responses to a minimum. Take little relaxation breaks frequently.
 -  Do your best to focus on the positive. Have fun! ('Tis the season to be jolly, after all!).
 -  If you give yourself enough time, and, yes, there's NEVER ENOUGH TIME, you will do
- better than if you try to do it all at the last minute. (This can take years to get down to a science).
 -  Let it be okay to NOT DO IT ALL. Lower your expectations of yourself and of others. Delegate and ask for help. Decide to do less.
 -  Decide to spend less.
 -  Make time to exercise (take a walk, ride your bike, or just stretch) during your day.
 -  Remind yourself that no one is going to look to see if your baseboards are clean. Cut down on the number of things you have to clean before you have company! (And if someone notices your baseboards remind yourself not to sweat the small stuff. And remember that most of it *really is small stuff!*).

Stress Free Holidays

Brought To You By The KSCS Human Resources Team

Turkey Tips: Thawing the Turkey

The best method for thawing turkey is in the refrigerator. Place the turkey in its original unopened wrapping in a bowl and put in the refrigerator.



Turkey Weight	Thawing Time (in refrigerator)
8 – 12 lbs or 3.62 – 5.44 kg	2 – 3 days
12– 14 lbs or 5.44 – 7.25 kg	3 – 3½ days
14 – 18 lbs or 7.25 – 9.07 kg	3 ½ – 4 ½ days
18 – 20 lbs or 9.07 – 10.9 kg	4 ½ – 5 days

“Quick” thawing: Place turkey in its original unopened wrapping in the sink and cover with COLD water. Change water every ½ hour.

Turkey Weight	Thawing Time (in water)
8 – 12 lbs or 3.62 – 5.44 kg	4 – 6 hours
12 – 14 lbs or 5.44 – 7.25 kg	6 – 7 hours
14 – 18 lbs or 7.25 – 9.07 kg	7 – 9 hours
18 – 20 lbs or 9.07 – 10.9 kg	9 – 10 hours

Look Inside For More Turkey Tips And Other Helpful Tips On How To Make This Holiday Season Stress Free!



Turkey Tips: Preparing the Turkey

- ☉ Thoroughly clean your hands and counter before preparing the turkey
- ☉ Prepare the turkey by removing the giblets and neck. Rinse and wipe the cavity sprinkle with salt and pepper.
- ☉ Do not let juices from the turkey come into contact with other food or food preparation surfaces or equipment.
- ☉ Immediately after preparing the turkey, wash and sanitize the sink, counter tops, utensils and anything else that came into contact with the turkey or turkey juices with a mild bleach solution (5ml/1 tsp bleach per 750 ml/3 cups water). Rinse with clean water.
- ☉ For maximum safety, cook the stuffing outside of the bird to prevent cross-contamination and undercooking.



Turkey Tips: Cooking the Turkey

- ☉ Never slow cook turkey. Set the oven no lower than 350°F (177°C).
- ☉ Place turkey, breast side up, on rack in roasting pan.
- ☉ Place a cover on the roasting pan or tent loosely with foil (try to keep foil from touching the turkey). Roast in 350°F (177°C) oven for about 20 minutes per pound (550 g) or until the juices run clear.
- ☉ Near the end of the cooking time, remove the cover or tent for approximately the last hour.
- ☉ of roasting. (For a crisper turkey, baste every 15 minutes at this stage).
- ☉ To check for doneness, insert an instant-read thermometer into the thickest part of the breast or thigh meat so the thermometer does not touch any bone, the temperature should read 185°F (85°C).
- ☉ When the turkey is done, transfer to a warm platter. Tent with foil and let stand for 20 to 30 minutes. This allows time for the juices at the surface of the bird to distribute evenly throughout the meat.

STRESS RELIEVER SHOPPING TIPS:

- ☐ Shop early or consistently throughout the year so that you need not ‘cram’ it into a few days, relieves the pressure.
- ☐ Order on-line when possible, most major retailers have sites that offer on-line deals or on-line only availability of certain products. Many provide free shipping.
- ☐ Research products you are interested in. On-line, comparison/discounts can save you big bucks and/or time in knowing where products are available, especially for the *hot* games and/or products that often sell out. For comparison shopping check out www.shopzilla.com or www.retailmenot.com. Some sites even compare prices for you.
- ☐ Map out the store and correspond your shopping list to it, especially if you shop there frequently for example, at WalMart. You should know where most items are located. This works well with “necessity shopping” i.e. household stuff, groceries, etc.
- ☐ Baked goods (muffins, cookies, scones, or alternatively you can do a dry mix to include with a small sample or include cookie cutters).
- ☐ Homemade jellies or jams, pickles or relishes (and homemade bread, muffins, or scones).
- ☐ Share a family photo: Get a duplicate made and put it in a frame to share the photo with those that don’t have them.
- ☐ Scan a bunch of photos and share them on a CD or DVD (you can make slideshows with some programs and add music to the CD or DVD).
- ☐ Offer your services: For instance, offer to babysit for one or two nights or offer free massages.
- ☐ Good at cutting hair? Offer a free haircut.
- ☐ Offer to shovel the walkway for a friend or relative for a month. Or, offer to drive them around for errands (within a reasonable limit, so don’t forget to set those ahead of time).

