



A Slice of Life is a quarterly newsletter to share wellness information and encourage wellness practices within UC ANR. [Click here to let us know about your favorite wellness practices!](#)

Wellness goes beyond eating salads and going for a jog. Wellness encompasses many different aspects of life: emotional, occupational, intellectual, environmental, financial, social, physical, and spiritual. In each issue we aim to address at least 1 of these “slices” of wellness. In this issue, we have included information about financial wellness, as well as a fun seasonal snack recipe.

**[Click here to learn about upcoming wellness related holidays and observances:](#)**

- November 1st is International Stress Awareness Day, and November 23rd is International Survivors of Suicide Loss Day.
- January is Mental Wellness Month.



## BEST PRACTICES FOR HEALTHY SPENDING OVER THE HOLIDAYS

The holiday season is a time for joy, connection, and giving, but it can also lead to financial stress if not managed wisely. Today we wanted to share a few ideas or best practices to help you enjoy the festivities without breaking the bank – leading to additional stress.

### Create a Holiday Budget

- **Set a total limit** : Determine how much you can afford to spend overall.
- **Break it Down** : Allocate specific amounts for gifts, decorations, food and activities.
- **Get Creative and Consider Alternatives** : Think about homemade gifts or meaningful experiences with friends and family instead of material items.

### Avoid Impulse Purchases

- **Take Time to Reflect** : Avoid buying on impulse. Wait 24 hours before making any non-essential purchases.
- **Stick to Your List** : Only buy what you planned to, and resist the temptation of “last minute deals”.
- **When Possible, Limit Credit Card Use** : If you do use credit, consider it in the context of your budget and how long it might take to pay.

## SEASONAL SNACKS

### PUMPKIN SPREAD

#### Ingredients

- 16 ounces Pumpkin puree
- 1/2 cup Sugar
- 2 teaspoons Pumpkin Pie Spice
- 1 tablespoon Lemon Juice (or more as needed)

#### Directions

- Mix pumpkin, sugar, pumpkin pie spice and lemon juice in a large pan. Cook on medium heat until it bubbles, about 3-5 minutes. Let cool slightly.
- Can be eaten warm or cold. Refrigerate leftovers for up to 4 days. Use on whole wheat toast, tortillas, waffles or pancakes.

