



A Punch in the Gut!: Tasty Beverage Recipes to Decrease Stress and Spice Up Your Holiday Events at the Same Time

Georgia
Department of
Behavioral
Health &
Developmental
Disabilities

Jill D. Mays, MS, LPC
**Director, Office of Behavioral Health Prevention
and Federal Grants**
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Today's Agenda

1. Ingredients for Stress Relief
2. Let's Stir Up Some Holiday Happiness



**“There’s not a man or woman
of the face of the earth who
doesn’t enjoy a tasty beverage.”**

- David Letterman





Mental Health Benefits of Herbs, Spices, Oils, and Fruits

Research has shown that:

- **Basil**—helps decrease levels of cortisol, a known stress hormone found in the adrenal glands; has a natural adaptogen, or ability to help the body adapt to stress; may help reduce stress and anxiety, improve memory, and increase energy
- **Cilantro**—can lower anxiety and improve sleep
- **Cinnamon**--helps your body relax and makes you feel less stressed
- **Ginger**--can help enhance brain function directly.
- **Honey**—relieves anxiety, boosts memory, is a natural sleep aid, and is also known as an excellent source of natural energy
- **Lime**—supports healthy immune system; and may aid in mental clarity and reduce stress
- **Mint**—reduces headache pain, improve energy levels/reduce fatigue, may improve concentration
- **Strawberries** —prevent homocysteine from forming in unhealthy amounts, and therefore enables the blood to deliver nutrients to your brain. Unhealthy amounts of homocysteine prevent glands in your body from producing “happy hormones” such as dopamine and serotonin, which can lead to feeling sad.



Hot Apple Cider

INGREDIENTS

- 1 bottle spiced cider
- 2 cinnamon sticks

Directions

1. Heat cider in saucepan
2. Pour in your favorite mug
3. Add cinnamon sticks
4. Enjoy!



Pineapple Ginger Sparkling Punch

INGREDIENTS

- 2 cups crushed pineapple
- 1 tablespoons chopped ginger
- 4 cups pineapple juice
- 1/2 cup chopped cilantro
- 1 2-litre bottle lemon-lime soda

Directions

1. Add pineapple to pitcher
2. Add pineapple juice
3. Add ginger and cilantro.
4. Stir until well mixed
5. When ready to serve, pour in soda
6. Garnish with fresh cilantro if desired.
7. Enjoy!



Strawberry, Basil, and Honey Punch

Ingredients

1 1/2 cups honey

Zest of 1 orange, peeled in wide strips

1 1/2 pounds fresh strawberries, hulled and chopped (about 3 cups)

3/4 cup fresh basil leaves

1 1/2 cups fresh lime juice (from 15 to 18 limes)

Directions

1. Stir together honey, zest, and 1 1/2 cups hot water in a bowl until honey is dissolved; let cool
2. Muddle berries and basil in a pitcher just until basil is fragrant
3. Stir in honey mixture and lime juice
4. Add ice and serve



Creamy Peppermint Punch



With only 3 ingredients you can make this festive Peppermint Punch! Keep it simple for the kids or add a little Peppermint Schnapps for the adults! Rim the glasses with crushed peppermint to add a fun a festive touch to this Christmas Drink Recipe!!

Ingredients

2 cups Egg Nog
4-5 large scoops of Peppermint Ice Cream
Club Soda
Crushed candy canes to rim glasses
optional red liquid food coloring, optional

Directions

1. Add egg nog, ice cream and about 14 drops of red food coloring (OPTIONAL) to a blender.
2. Blend until smooth.
3. To rim your glasses with crushed candy, place crushed candy on a plate. Dip the rims of the glasses into water or corn syrup and then dip in crushed candies. Repeat until all glasses are covered. Set aside. (You can also sprinkle the candies onto the rims of the glasses.)
4. Fill glasses $\frac{3}{4}$ cup full with the peppermint punch and top with a splash of club soda.
5. 5. Serve immediately with cute straws or a candy cane.

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Additional Behavioral Health Resources

- Georgia Crisis and Access Line (GCAL)
 - (800) 715-4225
 - MyGCAL app (App Store and Google Play)
- National Disaster Distress Helpline
 - (800) 985-5990
 - Text TalkWithUs to 66746
 - TTY (800) 846-8517



- <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

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