



Tips for Managing Stress During the Holidays



Keep Your Body Moving: As cozy as it is to bundle up on the couch and watch holiday movies, it is very important to stay active! Try bundling up to go for a walk or even shovel the driveway.



Everything in Moderation: To help you stay on track when all those sugar cookies and candies come into the picture, focus on preparing healthy snacks or challenge yourself to choose healthier options at holiday gatherings.



Set a Time & Spending Budget: Commit to gatherings that you desire and also know that it is 'OK' to say 'no'. Financially, stay within your gift-giving budget, and don't forget about the food and meal budgets as well.



Dedicate Your 'You' Time: Take time to recharge and relax during all the hustle & bustle. Spend less time in front of the TV screen and more time doing something you enjoy like yoga, reading or even meditation.



Map it Out: Focus on your plan of action for the new year. Dedicate time to set realistic and attainable goals to maintain YOUR best health overall.

Sources: www.heart.org & www.mayoclinic.org