



# TIPS FOR A HEALTHIER AND LESS STRESSFUL HOLIDAY SEASON:

## 1. Gift of Presence:

- Prioritize spending time with loved ones over elaborate gifts.
- Consider giving experiences or homemade gifts that hold sentimental value.

## 2. Prioritize Self-Care:

- Set aside time for yourself each day to relax and recharge.
- Practice mindfulness through activities like meditation or deep breathing.

## 3. Set Realistic Expectations:

- Manage your expectations for the holiday season to avoid unnecessary stress.
- Focus on creating meaningful experiences rather than perfection.

## 4. Create Boundaries:

- Learn to say no when necessary to avoid overcommitting.
- Set boundaries around work and social obligations to maintain a healthy balance.

## 5. Connect with Loved Ones:

- Spend quality time with family and friends, emphasizing connections over material aspects.
- Foster positive relationships and support systems.

## 6. Plan Ahead:

- Organize and plan holiday activities and shopping in advance to reduce last-minute stress.
- Create a schedule to help manage your time effectively.

## 7. Practice Gratitude:

- Reflect on the positive aspects of your life and express gratitude daily.
- Keep a gratitude journal to focus on the good things, even during busy times.

## 8. Delegate Responsibilities:

- Share the workload with family members or friends when it comes to holiday preparations.
- Don't hesitate to ask for help when needed.

## 9. Embrace Imperfections:

- Accept that not everything will go as planned, and that's okay.
- Embrace imperfections and find joy in the moment.

## 10. Reflect and Reassess:

- Take time to reflect on the year, acknowledging achievements and lessons learned.

- Set realistic goals for the upcoming year, considering your overall well-being.

### **11. Stay Active:**

- Incorporate physical activity into your routine, whether it's a short walk, a workout, or yoga.
- Plan active outings with family and friends, like hiking or playing sports.

### **12. Balanced Nutrition:**

- Enjoy holiday treats in moderation and focus on a balanced diet with plenty of fruits and vegetables.
- Listen to your body's hunger and fullness cues to avoid overeating.
- Stay hydrated by drinking enough water throughout the day.

### **13. Get Quality Sleep:**

- Maintain a consistent sleep schedule to ensure you get enough rest.
- Create a relaxing bedtime routine to promote better sleep quality.

### **14. Limit Alcohol Consumption:**

- If you choose to drink alcohol, do so in moderation and alternate with water to stay hydrated.
- Be mindful of the impact of alcohol on your well-being and mood.

**Remember, the holiday season is about joy, connection, and gratitude.**

**By incorporating these tips, you can create a healthier and more enjoyable holiday experience for yourself and those around you.**