



Holiday Wellness

Whether you celebrate Christmas, Hanukkah, Kwanzaa, or are getting ready for the New Year, the holidays are one of the busiest times of the year for a lot of us. Holiday activities can make it challenging to maintain your everyday life and wellness goals. As it's the season of giving, considered gifting yourself a healthy one with these wellness tips.*

Prioritize You – Take care of yourself during the hustle and bustle of the season. Relax in a bubble bath, take a brisk walk, write in a journal, watch a favorite movie, or attend a worship service. It can be whatever your mind and body tell you it needs in the moment. Even a few minutes of self-care daily can positively impact and restore your energy.

Set Realistic Expectations - Use this opportunity to determine and celebrate the true meaning of the holiday. Decide what is important for you and your loved ones whether it's honoring old traditions or creating new ones. Adapt your expectations to what fits your lifestyle and makes you happy. Let others know what your expectations are so everyone is aware and can honor them together.

Make Plans – There is plenty of excitement anticipating parties, family gatherings, and fun festivities. To ensure you're in the best mood possible, organize yourself by making a to-do list and scheduling days for your preparations, errands, and social events. Counting down the days to the holiday, you'll feel content knowing you are done ahead of time so you can relax and enjoy.

Prepare a Budget – Before starting your preparations and shopping, determine what you're willing to spend, create a budget, and keep to it. Participating in gift exchanges with set limits is one way to spend less, give less, and do less, all while still sharing heartfelt moments.

Share the Spirit – The spirit of the holiday is one of peace, good will, hope, and happiness. Others tend to be in a good mood when they are out so taking a moment to share by wishing them good cheer or by giving them a compliment creates a positive energy connection. Treat them as small gifts of kindness and accept them in return with gratitude.

Practice Self-Control - Being mindful is difficult when you're surrounded by your favorite holiday treats. Eat healthy by selecting smaller portions to control your calorie intake yet taste all the different items offered. Be aware of how many alcoholic drinks you are consuming as they have high caloric value. Choose to indulge in a treat or two then go back to healthy habits.

Make Time for Laughter - Do what you can to laugh every day. Laughter is excellent medicine promoting good health. So make time for it just as you would for a healthy meal, an exercise break, or deep breathing exercises.

Get Enough Rest - To stay healthy and well rested, adults should sleep seven to nine hours every night. An adequate night's sleep ensures enough energy for all the social events and activities you plan to participate in during the holiday.

Stay Active - Leading an energetic lifestyle can be more than going to the gym. Simply engaging in activities and hobbies you love like baking cookies, building a snowman, going caroling with friends, dancing to a song, or decorating your house can keep you active while fitting into your hectic schedule.

Enjoy Quality Time – Find joy in others' company. There is nothing more special than spending time with family and friends. A greeting card or phone call can brighten someone's day and let them know you're thinking of them, even when you can't spend time with every person in your life.

Be sure to take care of yourself to be mentally, physically, and spiritually healthy this holiday season. Happy Holidays!