

EAT/SMART MONTH

Holiday stress-busters

If the holiday season sometimes leaves you feeling stressed and overwhelmed, take care of yourself to stay well. Keep stress under control and your health on track, even during the hustle and bustle:

- + **Keep up healthy habits.** Make a commitment to yourself before the holiday season begins. If you don't completely give up your healthy eating and exercise habits, you won't feel like you have to start all over once the holidays are in the rear-view.
- + **Fit in fitness.** Try not to skip workouts, because exercise helps relieve stress. But when a full social calendar gets in the way, sprinkle some healthy activity like walking into your daily routine. Or do something active with the whole family.
- + **Give yourself the gift of peace.** When the invitations pile up, don't be afraid to say no to some of them. If you need some down time to recharge for the next party, take a break. Do something that relaxes you, like yoga, meditation, reading, a warm bath or spending time in nature.



- + **Get your ZZZs.** Aim for 7-9 hours of sleep each night to stay in the healthy zone. Don't let your wake-up time and bedtime get too far off your regular schedule. Nap when needed and ditch the digital devices at night.