

Tips to Stay Healthy in the Busy Holiday Season

Physical Wellbeing

- Take time to do a winter physical activity you enjoy like skiing, snowboarding, or hiking.
- Continue in your regular exercise routine.
- Get plenty of sleep.

Mental Wellbeing

- Be intentional to do quiet/mindful activities like journaling and reading.
- Plan events and activities ahead of time to avoid stress.
- Get refreshed by spending time outdoors.

Emotional Wellbeing

- Try deep-breathing exercises.
- Find time alone to be mindful of your emotions and how you may respond.
- Volunteer to help family, friends, or strangers.

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Nutritional Wellbeing

- Eat when you are truly hungry. It can be easy to eat as an activity during the holidays.
- Be mindful of the amount of sugar you are taking in.
- Try new fruits and veggies with your holiday meals!

Financial Wellbeing

- Be sure to have a holiday budget.
- Plan free activities like playing games, watching movies at home, or going sledding.
- When shopping for gifts or meals, compare store pricing for those items to ensure you get the best buy.

Social Wellbeing

- Plan activities with friends or family you want to connect more with.
- Build relationships by asking intentional questions that can lead to deep conversations.
- Have a healthy balance of alone time and social time.