

HAPPY HEALTHY HOLIDAYS

TIPS FOR COPING WITH HOLIDAY STRESS



PLAN AHEAD

Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. This will help prevent last-minute scrambling.



REACH OUT

Seek out community programs or social events. Volunteering your time can be a great way to lift your spirits and broaden your friendships during the holiday season.



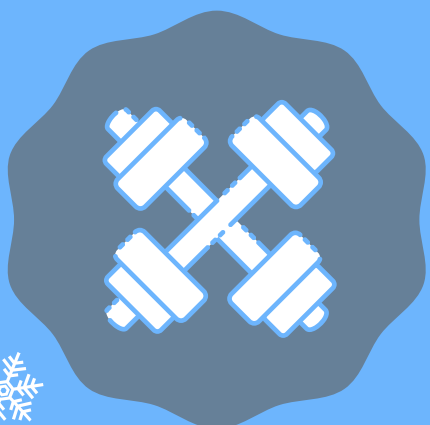
STICK TO A BUDGET

Don't try to buy happiness! Decide on a budget for holiday shopping and stick to it. Alternative options might include making homemade meals and gifts, or donating to a charity.



LEARN TO SAY NO

Saying yes when you should say no can leave you feeling resentful and overwhelmed. Others will understand if you can't participate in every activity.



DON'T ABANDON HEALTHY HABITS

Overindulgence might only add to your holiday stress and guilt. Try getting enough sleep, incorporating daily exercise and having healthy snacks before holiday parties so you don't go overboard.

FIND OUT MORE:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>



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