

Wellness During the Holidays

[to make healthy choices]

Enjoy the holidays more by making health and wellness a priority!

While holidays can bring lots of fun, they undoubtedly disrupt our routines. We often feel increased demands to connect with others, host or attend events, overschedule and neglect our regular health practices.

No matter the holiday, making healthy choices can positively influence our experiences!

Incorporate these **6 practices** into your holidays:

MANAGE STRESS

Despite common misconceptions, alcohol will not reduce or eliminate feelings of stress. Find your ideal coping activity, such as walking, mediating or journaling, and build in time to do it.

PREVENT IMPAIRED DRIVING

Impaired driving fatalities increase significantly during the holidays. Don't drive under the influence of drugs or alcohol or ride in a car with someone else who is impaired.

STICK TO YOUR HEALTHY HABITS

Try your best to keep to your normal routines, including around the household and with your personal health, such as by exercising and eating well.

PROPERLY STORE YOUR MEDS

Especially if you are hosting, store medications so they cannot be accessed by others in a way that is illegal or unsafe and dispose of them if no longer needed.

MAINTAIN HEALTH VISITS

Don't skip an appointment with your healthcare professionals. Likewise, if you regularly see a therapist or support group, it's important to stick with your routine.

PREVENT THE SPREAD OF GERMS

Wash your hands regularly with soap and clean running water for at least 20 seconds. Stay home if you have any symptoms of illness.

With a few intentional practices, it's possible to stay mentally and physically healthy during the holidays!

