

Tips for Staying Well Over the *Holidays*

The holidays are a time that a lot of people dedicate to spend time with family or friends, but many people forget to also dedicate time to themselves. Try some of the tips below to help you stay well over the holidays.

1. Plan your schedule in advance

Allow yourself plenty of time to plan and prepare for the different places you will be going and people you will be seeing. Think about any situations or feelings that may arise so you can plan for them ahead of time.

2. Maintain your sleeping routine

It's easy to stray away from your sleeping routine over the holidays; some slack is understandable but do your best to not let it vary too widely.

3. Watch your eating habits

The holidays make it hard to keep extra pounds off but watching what you're eating and not overeating can make it easy. Try balancing your holiday plate with nutrient-rich foods, so that you can also enjoy dessert.

4. Stay active

Holiday breaks are a great time to relax and have fun, but don't forget to also stay physically active. Find creative ways to stay active, like ice skating or dancing to your favorite holiday songs. Youth should be active for at least 1 hour a day and adults should be active for at least 2 1/2 hours a week.

5. Manage stress

Don't let the holidays take a toll on your mental health. Try not to over-commit or over-spend, do try to acknowledge any feelings you have, reach out to family and friends for support, and take a breather when you need to. Check out our "Holiday Stress Dos's & Don'ts" for tips on handling holiday stress. www.mvsokokeyouth.com/downloads

