

# A Healthier Holiday

With holiday cheer, comes the temptation to over-commit, overeat and overspend. Don't let your self-care slip for the season. Try these tips:

## Reduce Stress

- **Delegate.** Even if they are not as experienced as you, sharing responsibilities with others gives them a chance to learn, participate and gain experience.
- **Be realistic.** Sometimes we create our own stress by trying to be perfect. If we set reasonable goals, we are more likely to succeed.
- **Say no sometimes.** People will understand if you don't do everything. If you wear yourself out, you'll feel worse.

## Celebrate Smarter

- **Choose your favorite foods.** Focus on eating what you enjoy most, while being mindful of portions. Skip foods you can go without.
- **Get your zzzs.** When we're tired, we tend to eat, and prefer high-fat, high-sugar food. Aim for 7-8 hours of sleep each night.
- **Boost your immunity with exercise.** Just a few minutes a day can help prevent simple bacterial and viral infections, according to the CDC. Think about how physical activity can be a part of your holiday, vacation or special event with indoor and/or outdoor activities.

## Be a Savvy Spender

- **Set limits.** Establish a budget based on your finances so you don't overspend.
- **Donate your time.** Personal visits and even group volunteer activities allow you to spend quality time (not money) together.



*Special occasions come and go, but good health stays with you forever.*

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## Healthier Holidays in Action

Show us how you practice healthier holiday habits at home or at work. Send your photo(s) to [wfht.tn@tn.gov](mailto:wfht.tn@tn.gov) or to your WFHTN Regional Wellness Coordinator.