



## ACTION STEPS FOR WELLNESS

# 10 action steps for safe & healthy holidays



1. Plan your time off to include physical activity. Play with your children and grandchildren. Skate. Ski. Walk. Dance with or without the stars!
2. Try not to isolate yourself. Be with people you trust and feel safe with, even if you feel down.
3. Bring a smile to your face and others. Volunteer to help someone in need. Donate toys to children.
4. After having one or two drinks with alcohol, have a non-alcoholic drink, such as fruit juice with sparkling water.
5. Do not drink and drive. Designate a sober driver.
6. Never leave fireplaces, space heaters, stoves, or candles unattended. Unplug the holiday decorations when you go to bed or leave the house.
7. Trim the trimmings and number of treats you eat. Simplify decorations and gift buying and wrapping. Choose and request gift cards. Eat fruit to satisfy your sweet tooth. Give fruit baskets for gifts.
8. Wash your hands before preparing food. Refrigerate leftovers within 2 hours.
9. Do not over commit to holiday functions.
10. If you are going to travel, make a "To-Do" list and check it twice to plan for your health and safety needs.