



ACTION STEPS FOR WELLNESS

Focus on healthy ways during hectic holiday days.



- Make a "To Do" list. Prioritize tasks. Plan rest periods in your hectic schedule.
- Try not to isolate yourself. Be with people you trust and feel safe with, even if you feel down. Volunteer to help others.
- Know your alcohol limit and stick to it. After having one or two drinks with alcohol, have a refreshing non-alcoholic drink, such as sparkling water with lemon or lime.

- Focus more on fun with family and friends than on food. Play with your children and grandchildren.
- Eat at regular times. Do not skip meals.
- Go easy on sweets and holiday treats. Enjoy a warm cup of tea and a handful of walnuts or almonds.

- Deal with emotions without overeating.
 - Anger. Take three or four slow, deep breaths. The angry impulse may pass. Take a walk until you can calm down.
 - Anxiety. Focus on relaxing with soothing music, meditation, or yoga.
 - Boredom. Do an activity that does not involve eating.
 - Depression. Be with someone who helps lift your mood. If depression lasts longer than two weeks, contact your doctor.