

TEN TIPS for a Healthy, Stress-Free Holiday



Keep calm and let the holiday cheer carry on! Here are some quick tips to have a healthy, stress-free holiday.



Make a budget for gifts and stick to it.



Finalize your shopping schedule so you're not purchasing gifts hours before the party.



Keep a master list of your holiday tasks to stay organized. This is just to make sure nothing slips through the cracks — no need to cross everything off in one day!



Squeeze in 30 – 60 minutes each day to reset and unwind. Try an uplifting movie, book or podcast!



Get plenty of sleep — experts say eight hours is best to reduce your risk of catching a cold.



Stay hydrated to protect yourself from bugs and viruses. Carry a bottle of water with you at work or on shopping trips.



Carry hand sanitizer to use after touching mall doors, pushing elevator buttons, exchanging money, etc.



Consider taking Vitamin C to boost immunity and Vitamin D to offset any winter blues.



Bring a nutritious side dish or dessert to your celebration. Look for delicious recipes on Pinterest, MyFitnessPal or your favorite food blog.



Wait 10 minutes after your first helping at the holiday dinner, then check in with your appetite before getting seconds to avoid overeating.

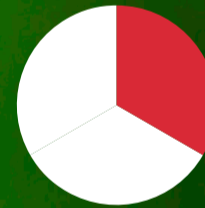
By The Numbers

4.9/10

The average American's stress level during the holidays is 4.9 out of 10.¹



Finances are the largest source of stress.²



One in three Americans travel for holiday celebrations.³



Holiday spending in the United States totals nearly **\$721 billion**.⁴

Remember the Reason for the Season!

When you're feeling overwhelmed, take a deep breath and refocus on what matters: family, joy, laughter and time with the ones you love. Wishing you and your family the happiest of holidays!