

Tips for Reducing Holiday Stress

1 Stay active: Exercise is a great way to reduce stress, improve digestion, and manage blood glucose levels. Even short walks after a meal can help.

2 Prioritize sleep: Sleep is important for health and emotional well-being. Maintain a consistent sleep schedule, limit naps, avoid screens before bed, and limit caffeine, alcohol, and tobacco before bed.

3 Practice self-care: Be kind to yourself. Maintain your healthy habits and take time for yourself to do something you enjoy.

4 Set realistic expectations: Don't expect your holiday to be perfect. Plan ahead, make lists of tasks and errands, and don't fret if you cannot do it all.

5 Acknowledge your feelings: Holidays can make you feel lots of emotions, and all of your emotions are valid. If you need help, reach out to friends, family, or a behavioral health professional for support.



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