



## WALK & TALK

Does your family take short walks together? If not, this holiday season is a great time to start. Walking helps refresh and digest after a high-fat, high-sugar meal, especially if your family tends to feel sleepy or cranky after eating. Bring a list of fun and silly questions to ask the group while you're walking to make the time pass faster. Talking and walking will balance blood sugar and improve mood.



## BOARD GAMES

Looking for ways to avoid boredom? Spark competition, creativity, and cooperation with a selection of board games for the group. This is a great way for the host to take a break from entertaining and allow the guests to connect and have fun!



## JOT YOUR THOUGHTS

Take a few moments to write down what you're excited about this winter. Think about how to engage all 5 senses with things that bring you calm or joy. Write down things you are grateful for, family traditions you would like to start, and values you want to prioritize in 2022.



**HAPPY &  
HEALTHY  
HOLIDAYS**

A black rectangular frame containing the text 'HAPPY & HEALTHY HOLIDAYS' in a bold, black, sans-serif font. The background of the frame is a light blue, misty winter landscape with snow-covered trees and a calm body of water.



## TAKE YOUR BREAKS

Are you working through the holiday season? Even if you do not have planned time off, be sure to take time to yourself during your work shift. Take a quick walk outside, take a few deep breaths, make yourself a warm beverage, turn on your favorite music, decorate your workspace. Build ways into your workday to celebrate the holidays and relax.



## MORE HEALTHY TIPS

1. Drink plenty of water throughout the day even if you do not sweat
2. Practice eating smaller portions; holiday treats tend to be high in calories
3. Send a card or text to people important to you
4. Book time to have social interactions outside of the holidays
5. Download the free mental health apps available through Kaiser (Calm & MyStrength) or BlueShield (Ginger)
6. Identify your safety needs during COVID and share with your friends, family, and supervisor



## LIGHT THERAPY

Changes in weather can often cause changes in mood. Be sure to keep rooms brightly lit, get outside regularly (weather permitting), and consider purchasing a light therapy box for your home or office. If you find yourself feeling deflated this winter, put on a brightly colored outfit, play your favorite uplifting song, and check with the doctor about adding Vitamin D to your supplements.

