



Warm Winter Wishes

and Strategies for a Safe Holiday Season

Taking care of your physical and emotional well-being can help you feel your best throughout the holiday season. Consider these simple ways to support your health and well-being.

Get some rest. Make sleep a priority, and try to keep a consistent sleep schedule when you can. Most adults need at least seven hours of sleep each night.

Eat well. Enjoy a variety of nutritious foods, including fruits and vegetables, while making room for the foods and traditions you enjoy.

Move more, sit less. Find ways to incorporate movement into your day. Aim for at least 150 minutes of moderate-intensity activity each week, along with muscle-strengthening activities at least two days a week. Remember, some physical activity is better than none.

Rethink your drink. Stay hydrated. Be mindful of sugary and alcoholic beverages.

Avoid tobacco. If you're ready to quit, support is available. Reach out to your EAP for resources.

Wash your hands. Help protect yourself and others by washing your hands regularly, especially before eating and after coughing, sneezing or being in public places.

Make time to recharge. Busy schedules can take a toll on your physical and emotional well-being. Take breaks when you need them and make time for activities that help you rest and recharge.

Travel safely. If you're traveling, plan ahead and avoid driving when you're tired or impaired. Allow extra time to reach your destination safely.

Your EAP is here to help. The holidays can bring added stress and challenges, and you don't have to manage them alone. Reach out for support and strategies to help you care for your well-being this season.