Healthy Holidays

The holiday season is almost here. This time of year is often busy and stressful for people as they buy gifts, prepare food and visit with family and friends. The Centers for Disease Control and Prevention suggests these healthy holiday habits to keep you and your loved ones safe and heathy — and ready to enjoy the holidays:

- Wash hands often to help prevent the spread of germs.
- Bundle up to stay dry and warm.
- Manage stress.
- Don't drink and drive or let others drink and drive.
- Be smoke-free.
- Get exams, screenings and vaccinations.
- Monitor children.
- Practice fire safety.
- Prepare foods safely.
- Eat healthy and stay active.

Stress and the holidays seem to go hand in hand. This may be a good time to reframe how you think about them. Instead of dreading the likely stress ahead, you can view the holidays as an opportunity to enhance your psychological well-being. There are a number of helpful steps you can take to lessen stress and feel more optimistic about the season. Here are some tips from the American Psychological Association:

- Take time for yourself.
- Deal with the pressure of gift-giving.
- Volunteer.
- Have realistic expectations.
- Remember what's important.
- Have healthy conversations.
- Seek support.

Sources: **cdc.gov***, **apa.org***

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