

Follow These Tips To Get The Most Out of The Holidays This Year



This time of year, we usually spend a lot of time focusing on other people's needs. Give yourself a break! You'll show your best face to family and friends when you make time for yourself. Fit in time for self-care amid the shopping, cooking, and planning by following our guide:



Keeping Your Holiday Schedule on Track

- Spread out your holiday obligations. You don't have to celebrate on the exact day of the holiday!
- Check in with loved ones on days leading up to whichever holiday you celebrate to make sure everyone's on the same page.

Helping Yourself By Helping Others

- Consider activities that help you give back. Studies have shown that helping others boosts your mental and physical health. Some examples include: Collecting food for a neighborhood shelter, baking cookies to give to your grandchildren, or making homemade decorations or gifts.

Maintaining Healthy Habits

- Taking a cool brisk walk outside will give you some fresh air and some exercise. Just remember to bring a hat and gloves!
- Getting some vitamin D from the sun can also relieve any seasonal depression.
- Make sure to get plenty of sleep, especially before a big day.
- Have a healthy snack before any holiday get-togethers so you aren't as tempted by too many treats.

