



# Happy and Healthy for the Holidays

The holidays are upon us. That means a hectic season filled with family, food, parties, shopping and travel. For most of us, these are joyful time. But for some, the stress, hectic pace and overeating that go hand-in-hand with the season can steal that joy. Here are a few tips to keep your holidays healthy, happy and stress-free.

- **Wash your hands.** It's the best, most effective way to prevent the spread of germs.
- **Get flu shots.** Prepare now so you can avoid or minimize the effects of the flu.
- **Exercise.** Try to stick with your exercise routine as much as you can.
- **Party smart.** Never go to a party hungry.
- **Travel smart.** If your holiday plans include travel, be sure to eat right and stay hydrated to avoid getting sick.
- **Sleep.** Experts recommend at least seven hours a night.
- **Embrace family.** Cherish the time you spend with your loved ones.
- **Make New Year's resolutions.** Setting goals challenges us to aim for higher fulfillment and self-improvement. Give yourself something to look forward to next year.
- **Give yourself a break.** Follow the 80/20 rule. Do your best at least 80 percent of the time and you should make it through the holidays in good health, with plenty of energy to enjoy the season.

## Here when you need us.

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