

HUDDLE UP FOR HEALTH



CareFirst



HAVING A PLAN FOR THE HOLIDAY SEASON

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The Holiday Season is a wonderful time of year. There are so many great things happening. At the same time, the days are getting shorter, the to-do list feels a bit longer, there are more events to attend, and the budget may be stretched to do it all. It is more important than ever to develop strategies for managing the season to keep you in a joyous mood.

Maintain A Routine

Stick to your routine as best as possible. If you have to modify the routine, that is fine, but having a set routine allows you to maintain normalcy, feel more in control, and counter the busyness of the season.

Set Boundaries

Having a plan that includes setting boundaries is key. You may need to set boundaries around your spending, the number of events you will attend and how you might manage the holiday festivities. Creating boundaries gives you a sense of structure and order.

Increase Your Sleep

Do your best to maintain good sleep habits. Try to increase your sleep by at least 15 to 30 minutes and remember to wake up and go to sleep at the same time each day so that your body can trust that it will have the time to rejuvenate and refresh.

Have Good Nutrition

Be social but also maintain good nutrition. Having proper nutrition will help keep you healthy and boost your immune system the natural way. Do not forget to stay hydrated as part of your nutrition plan!

Increase Sunlight Exposure

To counteract the days getting shorter, be intentional about increasing your exposure to sunlight. Be sure to get sunlight first thing in the morning and do not forget to go out for a few minutes each day to get your Vitamin D. If you feel that more is needed, contact a mental health professional who can explore more targeted support in this area.

Affirm Yourself

Be sure to say something affirming and kind to yourself each day. You can do this with a mantra or a statement you say to yourself daily. Focusing on positive self-talk during this time is key to wellness.

Practice Gratitude

Create a holiday gratitude journal and write down things that you feel grateful for each day. Consider sharing a text or making a call to someone that and share why you are grateful for them. An attitude of gratitude helps you and can help the person you reach out to during the holiday season.

Make Exercise A Habit

Be sure to engage in an exercise routine that makes you feel good. Do something each day to move your body and then be intentional about exercising regularly throughout the week.

Taking care of yourself during the holidays requires an intentional effort. Plan for your wellness during the holiday season. Happy Holidays!