

Healthy Holiday Tips!

No matter what holidays you celebrate, December can be a stressful time for people. Here are some helpful tips to deal with the holiday season!

- Keep plans reasonable
- Eat in moderation
- Focus on fun, not food
- Keep up with sleep
- Wash your hands often
- Schedule in “me” time
- Avoid or limit alcohol
- Keep active
- Avoid skipping meals
- Eat slowly
- Contribute healthy dishes



Resources: <https://www.cdc.gov/features/healthytips/index.html>
<https://www.cdc.gov/features/diabetesmanagement/index.html>
<https://www.letsgo.org/>