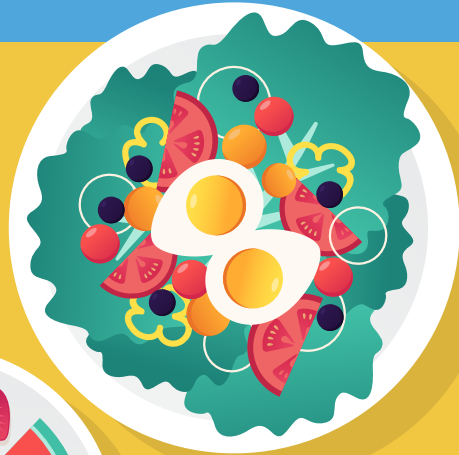


# 6 Ways to Decompress from Holiday Stress

The holidays are nearly upon us! The winter holidays are a wonderful opportunity to connect with family and friends, but they can also be hectic and stressful at times. Here are some quick tips to decompress and manage your stress this holiday season.



## 1 Eat a well-balanced diet

It's all too easy to overindulge during the holidays. Be aware of what you're eating and keep the special treats and large meals in moderation. Make sure the other meals you're eating are healthy and nutrient-dense.<sup>1</sup>

If you have diabetes, The CDC recommends making a plan to stay on track.<sup>2</sup>

- Eat close to your usual meal times to keep blood sugar steady
- Offer to bring a healthy dish to parties or potlucks
- Cut back on carbs during meals if you're having dessert



## 2 Exercise

Don't forgo your workout routine during the holidays. Not only will you burn off the extra calories, but this will help relieve stress and release endorphins.<sup>3</sup> If you're traveling or don't have time to go to the gym, try going for a walk after meals, or doing a quick home workout.



## 3 Get enough sleep

Between traveling, caregiving, cooking, baking, wrapping gifts, and everything else going on, it can be easy to lose track of time! Getting enough sleep (at least 7 hours) can help you<sup>4</sup>:

- Get sick less often
- Stay at a healthy weight
- Reduce stress and improve mood
- Think clearly and avoid injuries



## 4 Prioritize self-care

Often times during the holidays we end up taking care of everyone else around us, but forget to take care of ourselves. Make sure you're taking breaks to rest and recharge.



## 5 Take a social media break

The holidays can seem like a fun time for everyone, but remember, social media is a highlight reel. If you have trouble with FOMO (the fear of missing out) or comparing yourself to others, try taking a social media detox. If you can, spend time with friends and family in real life, and don't worry about taking photos for everyone to see. Just enjoy each other's company in the moment!



## 6 Acknowledge your feelings and reach out if you need help

The holidays are not always an easy time. It's normal for different emotions to be brought up. If you're struggling, reach out to a mental health provider, or find resources through your doctor or the New York State Office of Mental Health<sup>5</sup>.

1 - [healthline.com/health/healthy-holiday#tips-and-tricks](https://www.healthline.com/health/healthy-holiday#tips-and-tricks)

2 - [cdc.gov/diabetes/library/features/holidays-healthy-eating.html](https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html)

3 - [mayoclinic.org/3TjyfBi](https://www.mayoclinic.org/3TjyfBi)

4 - [health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/get-enough-sleep](https://www.health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/get-enough-sleep)

5 - [omh.ny.gov](https://www.omh.ny.gov)