

Holiday Stress Busters



Have a Happy and Relaxing Holiday Break!

From the HCCs

10 Tips For The Holidays!

- 1) Focus on the real meaning of the holidays
- 2) Schedule some down time for yourself everyday
- 3) Keep a calendar with all your commitments --don't be afraid to say no to an invitation
- 4) Not enjoying your traditions? Start a new one that has meaning to you
- 5) Stay positive—negative attitudes are contagious and destructive
- 6) Make a budget, stick to it, and finish shopping early
- 7) Keep realistic holiday expectations—don't let perfectionism spoil the party
- 8) Don't expect to get along with everyone just because it's the holidays
- 9) Do a little every day. If you finish early, don't pile on more chores
- 10) Recognize and treasure the uniqueness of your family and friends

Holiday Fest: De-Stress and Eat Best



Happy Thanksgiving! From the HCC

Identify the holiday situations that cause overeating and develop a list of how you will handle these challenges. Be realistic. Talk it over with your buddies that face similar stressors to find realistic solutions that will help you manage the stress.

Don't deprive yourself of enjoying the foods you love, for this only leads to bingeing. Instead, plan to eat a small portion of the desired foods, eat it slowly, and savor every mouthful.

Set some ground rules about eating (i.e. only eat while seated, no food after 9 p.m., no second helpings, etc.).

Eat regularly and in some kind of reasonable pattern. Don't skip meals and starve in attempt to make up for what you recently ate or are about to eat