



# Stay true to you to avoid holiday stress

**Holiday cheer can easily be overshadowed by the stress of the season.** And when you're trying to stay on track health-wise, stress can throw you off your game. The key is to **manage** that stress in smart, calming, helpful ways.<sup>1</sup>

Here are some tips to stay on track with your health goals and keep stress at bay while enjoying all that the season has to offer. Take back your holidays!

## Nourish yourself

- **Eat healthy.** Food is one of the best parts of the holidays. Let others know you're trying to make healthier food choices so they can support your goals.
- **Be consistent.** Don't skip meals, even on your busiest days. Fuel yourself with a colorful variety of veggies, fruits and protein-filled snacks throughout the day.
- **Be picky.** Treats will be everywhere. Stay on track by taking only the foods you **love**. Enjoy your treats slowly and mindfully.

## Strengthen your body

- **Challenge yourself.** Exercise is a great stress-buster. Sign up for something new. Try a holiday-themed fun run or walk, or even a fitness class at your local community center.<sup>2</sup>
- **Get in extra steps.** While shopping, squeeze in more activity by parking in the far lot, walking every aisle in the store or taking the stairs instead of elevators.
- **Make weather work.** If you have snow, shovel it instead of using a snowblower. Try snowshoeing or cross-country skiing. Have fun with a snowball fight.
- **Weight it out.** Add muscle-building resistance exercises like pushups, squats or calf raises. Do bicep curls with unopened cans or jars from your pantry or fridge.

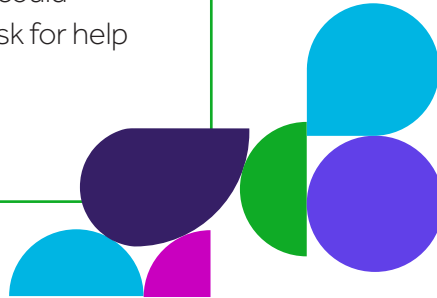


## Soothe your mind

- **Practice deep breathing.** Inhale slowly for four counts, deep into your belly. Then slowly exhale for four counts. This helps calm your body and refocus your mind in a natural way.
- **Laugh.** Keep a go-to list of funny videos, jokes and laugh-out-loud pictures on your favorite device or social media page. Laughter is contagious, so share the LOLs with others and turn stress into joy.
- **Manage your stress.** Stress is often unavoidable. Reduce it by trying meditation, prayer, tai chi or journaling.<sup>3</sup>
- **Slip-ups happen.** Don't beat yourself up. Acknowledge why it happened and renew your commitment to your health.

## Ground in the now

- **Trust yourself.** You are in the driver's seat.
- **Be present.** Don't compare this year to "last year" or "the good old days." Practice being in the moment with your friends, family, coworkers or even your pets.
- **Be positive.** Reframe negative thoughts. For example, "This is more than I can handle" could become, "I'll give it my best shot and will ask for help if I need it."



## Happy **healthy** holidays from our family to yours!

Not a Livongo member? See if you're eligible for personalized health support at **[Go.Livongo.com/AECOM/New](https://Go.Livongo.com/AECOM/New)**.

### Sources:

<sup>1</sup><https://www.psychologytoday.com/us/basics/stress>

<sup>2</sup><https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

<sup>3</sup><https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>

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