

FitFUTURE

Strategies for
Better Living.



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In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name a few. Some individuals create their own stress by being holiday perfectionists. Holiday perfectionism robs people of the very joy and satisfaction that they're seeking to achieve. Also holidays can lead to putting aside healthy habits resulting in weight gain.

Practical Holiday Tips:

- ✓ **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well.
- ✓ **Stick to a budget.** Before you go gift and food shopping, decide how much money you will spend. Stick to your budget. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.
- ✓ **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and shop by a list.
- ✓ **Ask for help.** Itemize your to-do list and request help from family and friends. Ex. Ask that your guests bring a dish and be specific so it rounds out your meal. Ask children to fold the towels in the dryer, or for help with cleaning and setting the table.
- ✓ **Utilize healthy prepared meals and ingredients.** Simplify food preparation for everyday meals and snacks by choosing some precooked or pre-portioned meals. No time to pack a lunch for your child? Allow them to buy their lunch at school.
- ✓ **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and family will understand if you can't participate in every project or activity.
- ✓ **Don't abandon healthy habits.** Don't let the holidays become a free-for-all.
 - Plan on having a healthy snack before holiday parties and limit party treats to 1-2.
 - Maintain normal bedtime routines to allow for enough sleep.
 - Plan activities such as skiing, skating, caroling, and sledding to add physical activity into your holidays.
- ✓ **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.
- ✓ **Laughter can help.** Laughter can make it easier to cope, help you connect with other people and improve your mood.



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