



# HOLIDAYS & HEALTH

Questions to reframe the season

## *How can I...?*

### ***Choose nutrition:***

- Add in veggies
- Choose splurges
- Limit alcohol and soda

### ***Manage stress:***

- Call family or a friend
- Write it down (journal)
- Try focused breathing

### ***Keep boundaries:***

- Prioritize what's meaningful
- It's OK to say "No" to keep life manageable
- Limit screen time by setting timers

### ***Add movement:***

- Active TV time—  
move during breaks
- Daytime walks

