



MAINTAIN DON'T GAIN **CHALLENGE**

Managing Holiday Stress

MANAGING HOLIDAY STRESS

You may enjoy hosting holiday gatherings or entertaining out-of-town guests. But sometimes, stress can crash your party and have a direct effect on your health, both mentally and physically. That's when you need to take time out to give yourself some breathing room. With a little planning and awareness, you could relieve a number of health issues.

Here are some simple ways to help you get back your balance – and handle whatever the holidays throw at you.

- **Unplug.** Take a break from checking your phone and email. Instead, enjoy a nature walk. Exercise is a great stress reliever. Just be present and happy in the moment.
- **Bust a move.** Turn on your favorite jams and show off your best moves! Music has been shown to lower depression, anxiety, and even pain. Dancing releases endorphins (happy hormones) into your body.
- **Create an at-home spa.** You don't need a spa or a retreat to de-stress. Make a spa-like atmosphere at home by lighting candles, listening to soothing music, taking a relaxing bath, talking to loved ones, or even journaling.

Don't wait! Take a break now to start managing your stress and protect your emotional health.

Share how you decided to unwind and de-stress this week with **#UCIMDG2018** on social media to connect with fellow challengers!

Adapted from UC Health plans.



THIS WEEK'S WEBINAR

- [Managing Holiday Stress](#)



THIS WEEK'S TIPS

- [Flyer \(PDF\): 6 Ways to Sideline Stress](#)
- [Flyer \(PDF\): Take a Break](#)
- [Flyer \(PDF\): Stress and Comfort Food](#)
- [Flyer \(PDF\): Handling Holiday Stress](#)
- [Article: How to Cope with Anxiety](#)



THIS WEEK'S RECIPES

- [Brussel Sprouts with Goat Cheese and Walnuts](#)
- [Pear and Quinoa Salad](#)



ADDITIONAL RESOURCES

- [Explore the stress management series at Wellness Adds Up](#)

WEIGH-IN

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THE CHALLENGE
TRACKER



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