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Week 5: Celebrate the season with ease


You may enjoy hosting holiday gatherings or entertaining out-of-town guests. But sometimes, stress can crash your party and ruin your weight management plan. That's when you need to take time out to give yourself some breathing room. With a little planning and awareness, you can stay on track. Here are some simple ways to help you get back your balance – and handle whatever the holidays throw at you.


Your Tips:


- **Unplug.**
Take a break from checking your phone, email and to-do list. Instead, enjoy a long bath. Or, go for a 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.
- **Laugh it off.**
Laughing relaxes your body and clears your mind. Feeling anxious? Watch a comedy or spend time with a funny friend. A good belly laugh will wash your tension away.

Your UCI Resources:

- Contact your free, confidential UCI [Employee Assistance Program](#) benefit to help address personal and work-related issues.
- Take a break and explore UCI Campus landmarks with a [Meaningful Mile](#) walk.
- Take advantage of the worklife resources from [Optum Behavioral Health Live and Work Well](#) website.
- Need help? Contact the UCI [Faculty and Staff Mental Health Care Coordinator](#)

 View a past UCI Wellness workshop: [Managing the Holidays](#)

 Download a recipe created by UCI Campus Recreation Chef Jessica: [Spinach Lentil and Rice](#)

 Watch a recorded EAP webinar: [Managing Holiday Stress](#)