Holiday Stress & Safety

Reduce Stress and Stay Fit

- Plan your gift list and gatherings ahead of time to budget your spending.
- Unwind and stay healthy with yoga or fitness courses at the Anteater Recreation Center.
- Call UC Irvine’s Employee Assistance Program (EAP) if you are in need of any counseling.
- Keep nutrition in mind! Eat healthy meals and sip water in between gatherings to prevent overeating.
- Sunburns can also occur in the winter! Apply sunscreen daily, especially in snowy areas.
- Prevent illness while traveling by sticking to a healthy, sensible diet and by dressing warmly.

Stay Safe This Season

- Purchase flame-resistant trees and decorations.
- Stay fire safe! Never leave candles or fireplaces unattended and avoid overloading circuits.
- When traveling, heed all weather precautions and adhere to the speed limit.
- Be sensible about alcoholic drinks. Have a designated driver available if needed.
- Properly vent your home and fireplace when burning logs.
- Check your smoke and carbon monoxide detectors to ensure that your home will be safe.
- Prevent hypothermia and frostbite by dressing sensibly in cold areas. Be sure to cover ears and hands!