

Stay Healthy this Season

Tips on Ringing in the New Year in Good Health

Did You Know

On average adults will gain 1lb over the holiday season each year that they never lose.

Holiday Stress is Normal

But your patients don't have to live with it.

Everyone encounters stress at some point during the holiday, and stress leads to a lowered immune system which increases the chances of getting sick; and no one has time to be sick over the holidays! Review the tips below to help lower patient's holiday stress and make sure their holidays leave them feeling cheerful and bright!

Get outside!

Relieving stress is as simple as going outside, being outside in the sunlight increases the production of serotonin which can relieve some of the symptoms of Seasonal Affective Disorder (SAD).

- A brisk half-hour walk can tranquilize the brain; it can decrease anxiety and help improve sleep quality.
- Get the family out of the house, being indoors can really build stress; taking everyone outside for family activities can reset everyone's stress meter.

Don't over-book yourself

It's okay to say "No." especially around the holidays. Many people don't realize just how often they say "Yes." to something there isn't enough time to complete.

- Take on small projects to reduce the chance of being overwhelmed, and don't be afraid to delegate tasks to those willing to help.
- It's okay to ask for help! But make sure you're being smart about it. Ask people on an individual basis as opposed to a group text or email. Asking a group leaves people with the impression that someone else will pick up the slack.

In this season of holiday hustle and bustle, take some time to unwind and relieve some holiday stress. Stick to daily routines, and remember it's okay to say "No.". Speak with your doctor for other helpful tips and before beginning a new exercise regime.

References

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