

# Holiday Season: How to stay present

Our goals for the holiday season are often spending time with family and friends and feeling joyful. However, the interruption to our regular routines and social pressures can make this time feel more stressful than joyful. Here are a few things to keep in mind during this holiday season to help you stay present:



**Try to eat a balanced diet.** It can be easy to forget about healthy eating when there are festive foods, social pressures, and disruptions to regular routines. Consider the following tips:

1. When you are eating out or at home, try to have a balanced meal that includes vegetables, protein, and whole grains.
2. If you are going to a potluck, take healthy food such as salads, fruit, dips, or a protein.
3. Try not to feel pressured to finish all of your food. Where possible, pack the leftovers and enjoy it for lunch on the next day.

**Be cautious of your alcohol consumption.** Being sober can help you stay present and enhance your social interactions. Consider the following tips:

1. Be aware of your relationship with alcohol. Why do you want it? When are you craving it? How do you act when drinking alcohol?
2. Opt for non-alcoholic options, such as mocktails.
3. If you are drinking alcohol, measure your drinks. Do not exceed 12 ounces of beer (5% alcohol), 12 ounces of cider (5% alcohol), 5 ounces of wine (12% alcohol), and 1.5 ounces of a shot glass of spirits (40% alcohol). It is recommended to only have 2 standard drinks a week.

**Take care of your mental health.** The holidays might feel stressful due to routine disruptions, family conflicts, grief from loss, and loneliness. This can bring on feelings of anxiety and/or depression. Here are a few tips to help you navigate and reduce stress during the holidays:

1. **Create a schedule and to-do list.** Prioritize important tasks and delegate them to family members to help tackle the holidays as a team.
2. **Set realistic expectations.** It is common to idealize the holiday season and set high expectations. However, it is important to acknowledge that families and holidays are not always perfect, but you can still enjoy the season even when it is imperfect.
3. **Create a stress-reduced environment.** Set up games to interact with family in a positive way or play calming music. Know that it is okay to take breaks for yourself away from friends and family.

Prioritizing your health and well-being before any social obligations is important during the holiday season. Remember to be kind to yourself and participate in healthy activities that make you feel good.

**Happy Holidays from Magna Wellness!**



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

**GOOD** for you  
Health and Wellness  
for Magna Employees

**MAGNA**