

# TOP TIPS FOR A HEALTHY, HEALING HOLIDAY SEASON

## *How to Manage Holiday Eating*

**Free will is the power to make decisions. Will power is making decisions that empower you.** —Andrea Breaux

The holiday season is a time of joy and happiness. And it comes with additional stress, which can cause you to overextend and neglect your waistline and health. A plan that includes prioritizing beneficial habits can help you end the year feeling good and ready to step into a healthy new year.



Create a **calendar** for food shopping, meal prepping, buying and wrapping presents, and decorating. In addition, include work, school, church, and social organization dates. This helps maintain a feeling of being in control.



Weave a **food schedule** on your calendar to avoid snacking, poor food choices, and overeating. Do not skip breakfast. Don't skip lunch. Eat a salad or a power bowl of veggies and protein before going to a party; it will be easier to skip the fruit cake.



**Drink water.** It helps boost memory and mood. Water also flushes toxins, including sugar. Drinking water before a party helps reduce sugar, and carb cravings, and alcohol consumption.



**Exercise** during the holidays reduces stress, burns off excess calories, combats SAD (Seasonal Affective Disorder), and helps release the feel-good endorphins that can contribute to your feelings of joy. By continuing to exercise, you'll head into the new year feeling good about your commitment to yourself.



A routine **sleep** schedule is guaranteed to get you through the holidays feeling less stressed and prone to making regrettable decisions about food and drink choices. Protect your sleep by arriving at the party at its start and leaving early.



Make a concerted effort to **stay present** and pause periodically to reconnect with your breath mindfully. You can then give your undivided attention in a non-judgmental way. Let go of striving for perfection. Aim instead for those irremediable opportunities to listen, observe and enjoy.

# Healthy Healing

**O García**



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