

Cookies, Cakes, and Candy Canes; oh my!

It is that time of year-- the holidays. Despite the spirit of the holidays being one of joy and happiness; stress, depression, and unhealthy habits increase during this time. This is especially true for those who have to work and may not be able to spend the time they would like with loved ones or doing what they enjoy. Residents are no different. Therefore the wellness committee would like to share some tips to manage stress during the holidays.

- Simplify! Don't try to do too much. Say NO, when your schedule doesn't permit. Fatigue, over scheduling, and taking on too many tasks can impact your holiday experience.
- Don't isolate. If you're feeling left out, then get out of the house and find some activity to do.
- Create a realistic budget! Don't overspend. Create one and stick to it.
- Moody? It's ok to feel sad if you can't spend time with your loved ones, or if you have experienced a loss. That's normal!
- Plan ahead. Set aside specific times for shopping, holiday prepping, visiting friends, etc.
- Healthy habits are hard to keep. Don't let the holidays become a free-for-all. Whatever you do before the holidays should continue.
- Chill out when needed! Make some time for yourself. Spending even brief moments alone, i.e. 15 min, without distractions can help you re-charge.

Healthy eating is often impacted during the holiday season. Parties and decadent foods are all around. It's hard to stay eating healthy when there is an increase in temptation. Remember some tips:

- Eat before you head to a party. Eating ahead of time will keep the grazing temptation minimal.
- Eat your colors first! Vegetables will help you get full before over doing on the rich foods. Remember to fill the plate with non-saucy/fried/battered veggies.
- Make something to bring. If you make a healthier dish you will know there is an option that you can eat and not feel guilty afterwards.
 - a. There are multiple ways to make healthier holiday dishes. Be creative! And if you struggle, google it. ☺
<https://www.skinnytaste.com/holiday-recipes/>
- It's normal to eat more during the holidays; it can be very helpful to take a walk before and/or after a big holiday meal.

Remember there is no holiday from self-care! If you need support, reach out to a friend, your advisor, or a professional. Have a wonderful holiday season, and above all be safe!

Your FSU GME Wellness Committee