

## The Importance of Creating a Holiday Game Plan



To experience more joy and less stress this holiday season, it helps to develop a game plan now. We highly recommend taking a whole health approach, which recognizes the importance of nurturing and strengthening yourself first.

Being strong and healthy can help you find more joy during the season while preventing the stresses and challenges from wearing you down. Here are some strategies that can help thrive in the months ahead:

### 1. Prioritize your mental health

You are likely to get busy with more events, celebrations, and family gatherings. To protect yourself against stress, anxiety, and burnout, remember the importance of boundaries and scaling back when you need to. It's also important to be proactive in reducing stress and clearing your mind. Instead of dwelling on thoughts, consider sharing them with a trusted friend or family member and looking for new solutions.

### 2. Nurture your physical health

Holiday gatherings and colder weather can make it difficult to stick with healthy meal planning and exercise routines. Do what you can regarding healthy eating and exercise routines—and getting adequate sleep and water. These basic tips can help you feel strong, energized, and positive.

### 3. Cultivate your emotional well-being

The holidays can stir up a mix of emotions, including joy, nostalgia, or even grief. Be sure to acknowledge your emotions, especially if you feel sad or overwhelmed. To lift your spirits, try to prioritize quality time and authentic relationships, whether it's with family, friends, or colleagues.

### 4. Maintain your financial well-being

Gift-giving, travel, and social events can add financial pressure. Plan proactively by creating a budget to help you avoid overspending. It's helpful to prioritize shared experiences and time together over material things.

### 5. Strengthen your inner well-being

Whether it's through religious practices, rituals, or personal reflection, try to carve out quiet time. These moments of stillness can bring a sense of calm, clarity, and peace.

Remember, your Assistance Program is also here to help. Services are free, confidential, and available to you and your family members. You can access them 24/7 by calling 855-775-4357 or [visit online](#).