

WHITE PLAINS HOSPITAL

Take Charge of Your Health

Keeping Stress Under Wraps During the Holidays

How to Keep Your Cool this Yule

- **Start Shopping Early**

Waiting until the last minute to buy gifts can leave you frazzled. Make your list, look for sales, and do some shopping online to save time and avoid traffic.

- **Remember to Hydrate**

With all your running around, it's easy to get dehydrated. Drink plenty of water at parties and bring a bottle of water when shopping.

- **Watch Your Family Time**

Consider limiting time with family members who trigger your stress. It's okay to send holiday wishes while taking care of your own well-being.

- **Make Time for YOU**

Stop every now and then to meditate, take a stroll, and do occasional stretches or deep breathing. Ask for help when you need it — you don't have to do everything yourself!



did you
know ?

The average American gains one to two pounds during the holidays and sometimes never loses them. Eat a healthy snack before going to a party, choose veggies and low-fat foods at buffets, and stick to your exercise schedule — you'll feel better!