

*Strive for Balance this Holiday Season!*



**Don't Overindulge.** During the holidays it's easy to overindulge in what you eat and drink, but overindulging can reduce your energy level. Exercise healthy eating options or enjoy smaller portions of desserts and holiday treats. Watch the alcohol – it's one of the biggest contributors to weight gain over the holidays. Alcohol affects your sleep and can leave you exhausted the next day.



For more information about Holiday Stress Management, please visit the DoD Wellness Website at: [www.cpms.osd.mil/wellness](http://www.cpms.osd.mil/wellness).






## ***RELAX...Take a BREATHER!***

**Don't Stress Over what's Uncontrollable.** You can't control how other people behave. Don't stress over it, but instead concentrate on how you can react to the problem in a positive manner. Sometimes stepping away from a stressful situation to clear your mind allows time for you to recover from the stress response. Set aside differences and try to accept friends and family members as they are.



For more information about Holiday Stress Management, please visit the DoD Wellness Website at: [www.cpms.osd.mil/wellness](http://www.cpms.osd.mil/wellness).





## Holiday Check-List

- Buy Gifts for Sam, Jo, and Tina
- Create Holiday Cards
- Send out Cards to Family/Friends
- Search for Holiday Recipes
- Wrap all Presents

**Effective Time Management.** It's hard to remain calm and focused if you're running behind on time. Plan ahead and remain organized so you can manage your tasks at your own pace.

For more information about Holiday Stress Management, please visit the DoD Wellness Website at:  
[www.cpms.osd.mil/wellness](http://www.cpms.osd.mil/wellness).



*Beat the Holiday Blues...*



*With these Simple DO's!*

**Adapt a Healthy Lifestyle.** Staying physically active can help relieve physical and mental tension caused by stress. Encourage the family to eat properly and stay active for that extra boost of energy to meet the demands of the holidays.



For more information about Holiday Stress Management, please visit the DoD Wellness Website at: [www.cpms.osd.mil/wellness](http://www.cpms.osd.mil/wellness).

