

# 2018 December

## Stress Management

### Cut Your Holiday Travel Stress

#### Book early

Set your travel plans as early as possible to get cheaper deals and more flexible schedules.

#### Let's get digital

Before you leave home, download plenty of entertainment to your digital device. The familiarity of a favorite show or video game fights boredom and stress.

#### Travel light

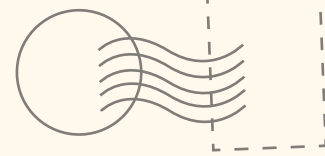
Even if you're checking bags, consider shipping gifts and non-essentials ahead of time. You'll cut down luggage hassle and how much you have to drag around.

#### Plan for delays

Prepare mentally to be delayed or rerouted. It'll help you take charge, minimize stress, and figure out Plan B.

#### Remember: others are stressed too

Holiday travel is hectic for all involved. Take deep breaths, put a smile on your face, and stay positive.



#### Stay healthy

Winter travel raises the risk of illness. Plan ahead by getting a flu shot or nasal flu vaccine. Wash your hands often and carry antibacterial hand gel to ward off germs.

#### Conquer the roads

Get an early start to avoid the heaviest traffic. Try to make the drive fun. Involve the kids by singing and playing games. Stop often to stretch your legs, refocus, and give everyone some space.

#### Write your own here:

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SAT

1

Start this month focusing on your health goals. Write your three new health goals at the bottom of the page.

SUN

2

MON

3

Set reasonable expectations for yourself. By not expecting perfection, you will improve your mental health.

TUE

4



WED

5

THU

6

Take your exercise outside. Nature can lower stress and anxiety.

Learn more [here](#).

FRI

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Use stress-busting activities such as taking a walk or yoga to conquer your stress.

Learn more [here](#).

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Lay out realistic, sustainable goals for the months ahead. This can help to lower stress going into the new year.

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Take a healthy dessert to your next holiday party.

[Start with this healthy recipe.](#)

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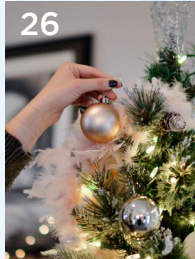
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Eating a well-balanced meal is a healthy way to cope with stress.

Learn more [here](#).

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Getting enough sleep can help you cope with stress. Try for 7 - 9 hours of sleep per night.

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Did you meet your health goals this month? Check them to the right.

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

