

## Wellness Corner

### Healthy Holidays

[Optum](#), a supporter of ending hunger in Idaho, has put together the document below to help remind us all how to have a happy and healthy holiday season. Please feel free to share these images through your social media channels or print and hang where neighbors can read them. Thank you for helping others with food and health!



# Holiday Whirl or Holiday Worries?



### This Year, Enjoy More and Stress Less

This holiday season should be a time of great joy – a celebration of cherished traditions and connecting in meaningful ways with family, friends and community. However, the very things that make the holidays memorable can also make them stressful to the point that our “ideal holiday” can become disheartening, diminishing our overall health and well-being. Optum would like to remind Idahoans that there is no better holiday gift than the gift of good health and offer tips for helping create a memorable and healthy holiday season.

### Be Happy - Not Harried

- **Make a plan.** Create a list of your priorities for the season. Is there anything you can skip? Schedule days and times for hitting the stores, baking, visiting friends and other holiday activities.
- **Set realistic expectations.** It's impossible to ensure that everyone has a perfect holiday. Don't try to solve a year's worth of family problems during one holiday get-together.

- **Feel free to say, "No."** You don't have to do it all. Ask relatives or friends to help out with preparing meals, decorating and shuttling out-of-town guests. Decline some invitations if you need to. This isn't always easy, but it can relieve the pressure on your schedule.

## It's All in the Family

- **Make connections.** Use the holidays to reconnect with your loved ones. Everything else — gifts, decorations, food — isn't as important as enjoying time with the people you care about.
- **Keep it short and sweet.** If family visits are stressful, limit the time spent together. Or, plan to visit during another holiday next year.
- **Avoid family squabbles.** If you'll be spending time with people you often disagree with, try to set differences aside to help prevent conflict.

## Eat, Drink and Be Smart

- **Serve healthy snacks.** Don't starve yourself before a big meal. This can lead to overeating. Nibble on vegetables, unsalted pretzels or nuts.
- **Prepare nutritious, low-fat meals.** This can help balance out the inevitable goodies. Don't go overboard, but don't deprive yourself of the season's best eats.

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## Move!

- **The key is not only what you eat, but how much you move.** Even little bits of exercise can be very helpful for everyone over the holidays.
- **Sign up to walk or run a community race.** Enjoy catching up with family or friends on a walk or jog instead of on a couch. In between meals, take a family hike at a nearby park, stroll around your neighborhood, or play a game of flag football.

## The Spirit of the Season

- **Focus on what really matters.** Remind yourself of the cultural or spiritual meaning of the holidays. Try to value the time you spend with loved ones and friends.
- **Shine the spotlight on others.** Consider volunteering at a senior center, soup kitchen or women's shelter. Focusing on others may brighten their day and yours.

If you or your loved one need additional help:

2-1-1 Idaho Careline

Optum's 24/7 Member Access and Crisis Line 1-855-202-0973

National Suicide Prevention Lifeline 1-800-273-8255

Or visit [www.optumidaho.com](http://www.optumidaho.com)

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