

## Tips to stay Happy and Healthy through the Holidays

1. **Perk Up** - no caffeine required. When the afternoon slump comes around, skip the gingerbread latte and opt for a walk instead.
2. **Zen Out** – Make time to manage the holiday stress with a little mindful meditation.
3. **Give up the gadgets** – At your next holiday party, try stowing away your smartphone and make face-time matter.
4. **Ditch the desserts** – Next holiday cookie swap, grab fresh fruit instead. Your waistline and your noggin will thank you.
5. **Reach for the Stars** – Don't wait for the New Year to set a healthy goal. Grab a pal and aim to up your activity, sleep more, or make healthier meals.
6. **Give a little** – Stay connected to your community during the holiday. Volunteer, donate old coats, shop local – everything counts!
7. **Motivate one another** – It's easy to skip exercise during the holidays. Stay on track with a little healthy competition with colleagues.
8. **Walk this way** – Nothing clears the mind like a brisk walk in winter air. But if the weather outside is truly frightful, jump on a treadmill inside.
9. **Share the Love** – Holidays are a wonderful time to connect and make memories with loved ones. It will truly make your season bright.
10. **Prioritize** – Pick one priority to cross off your holiday to-do lists. You'll keep your stress under control and feel more accomplished.
11. **Be neighborly** – Make it a point to reach out to whomever lives next door. You never know how far a holiday hello will go.
12. **Pinch those pennies** – Holiday shopping list got your pocketbook in a bind? Track all the ways you're spending your money and see what can go.

Source: [virginpulse.com](http://virginpulse.com)



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**“I walked right past the bakery without stopping to check out the holiday goodies. Now *that’s* a miracle on 34th Street!”**