



LifeWorks (Advice to fit your life.)

Want some ideas for healthy, stress-free holidays? Get help from LifeWorks Wellness!

Does thinking about the holidays make you feel stressed instead of excited? Let LifeWorks help with some tips to help you handle stress during the holidays so you can relax and enjoy time with friends and family.

- *Try some relaxation techniques.* Deep breathing and meditation are two of the most widely used relaxation techniques. To do deep breathing, try inhaling as you count to five slowly, and exhaling as you reverse the count. It may also help to relax each part of your body in succession, starting with the right foot, right leg, right shoulder, right hand, and so on, back down the left side.
- *Use exercise to relieve stress.* Organize an outdoor game or outing—throw a ball or go ice-skating together. Try a winter nature walk in your neighborhood. You'll not only be burning calories and reducing stress, you'll also be creating new holiday rituals and memories.
- *Take time for yourself to do things that make you feel good.* Whether it's going to a movie, planning a holiday lunch with a friend, or going to a weekly yoga class, it's important that you schedule time to do things that you enjoy so that you can cope with the pressures that cause you stress.
- *Get plenty of rest and exercise.* It's easy to forget to do the things that keep you healthy when you have so much to do. Keeping to your regular sleeping and exercise routines will give you the energy to do everything you need to do, and it will keep some normalcy in your life.

Looking for ways to handle stress all year round? Explore our online resources to find out how we can give you the tools and personalized support you need to be your healthiest.

Call LifeWorks at 888-267-8126 and ask about how health coaching can work for you or visit www.lifeworks.com and click on the Wellness feature.

