

# MAINTAIN DON'T GAIN



## Week 5: Celebrate the season with ease

You may enjoy hosting holiday gatherings or entertaining out-of-town guests. But sometimes, stress can crash your party and ruin your weight management plan. That's when you need to take time out to give yourself some breathing room. With a little planning and awareness, you can stay on track.

Here are some simple ways to help you get back your balance – and handle whatever the holidays throw at you.

- **Unplug.** Take a break from checking your phone or email. Instead, enjoy a long bath. Or, go for a nature walk. (Exercise is a great stress reliever!) Just be present and happy in the moment.
- **Bust a move.** Turn on your favorite jams and show off your best moves! Music has been shown to lower depression, anxiety, and even pain. Dancing releases endorphins (happy hormones) into your body.
- **Laugh it off.** Laughing relaxes your body and clears your mind. Feeling anxious? Watch a comedy or spend time with a funny friend. A good belly laugh will wash your tension away.

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