

Be Happy and Healthy this Holiday Season

As the song goes, “It’s the most wonderful time of the year”... The holidays are here! It’s a time for family, celebrations and good old fashion holiday cheer. For some people, though, this time of year can also lead to overindulging and increased anxiety and stress, problems that may be especially likely this year as the COVID-19 pandemic impacts holiday celebrations.

Reduce Stress and Anxiety

Here from the [Mayo Clinic](#) are a few tips for reducing stress and anxiety so you can enjoy a happy, healthy holiday season.

- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try to maintain your usual sleep routine as much as possible. Schedule time to exercise every day. Be mindful of your portion sizes and try to eat mostly healthy foods while allowing yourself small amounts of your favorite holiday treats.
- **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events (while following guidelines for social distancing). They can offer support and companionship. Volunteering your time to help others can also lift your spirits and broaden your friendships.
- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
- **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Do something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

If the stress of the holidays is getting the best of you and your employer offers HealthTrust medical coverage, remember the LifeResources - Employee Assistance Program (EAP) is available to help you, your dependents and your household members 24 hours a day, 7 days a week. Call **800.759.8122**, log in to your account on the HealthTrust Secure Enrollee Portal and click the LifeResources button, or visit mylifeexpert.com and enter the username – healthtrust – and password – resources.

Stay Healthy during the Holidays

This holiday season is like no other due to the COVID-19 pandemic. Here are tips to keep you and your family healthy this season from the [Centers for Disease Control and Prevention](#) (CDC):

- **Wash hands often to help prevent the spread of germs.** Wash your hands with soap and clean running water for at least 20 seconds.
- **Get exams and screenings.** Ask your healthcare provider what exams you need and when to get them. Update your personal and family history.
- **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone six months and older should get a flu vaccine each year.

Be Safe while Traveling

If the holiday season finds you and your family traveling to family gatherings or social events the [National Safety Council](#) (NSC) offers the following reminders:

- **Buckle up** – no matter how short the drive is!
- **Avoid driving when drowsy**; get a good night's sleep before a long drive.
- **Designate a driver** – make sure everyone arrives alive!
- **Put your cellphone down** – don't be a distracted driver.
- **Prepare your car for winter** and keep an emergency preparedness kit with you (first aid kit, flashlight, batteries, blanket, water, snack).

Finally, if your travels take you on an airplane, train, bus or public transportation the [CDC](#) offers the following suggestions to help keep healthy during your travels:

- **Wear a mask.**
- **Wash hands often and avoid touching your nose, mouth, eyes.**
- **Remember social distancing.**

Wishing you and your family a happy and healthy holiday season!

Additional Resources

Watch the HealthTrust Webinar: [Be Happy and Healthy this Holiday Season Webinar](#), recorded 11/12/2020

Articles

- [Stress, Depression and the Holidays – Tips for Coping](#) (Mayo Clinic)
- [Your Health: Holiday Celebrations](#) (CDC)
- [12 Ways to Have a Healthy Holiday Season](#) (CDC)
- [Enjoy a Safe Holiday Season](#) (NSC)

Disclaimer: The content of this Wellness Tip Sheet is intended to be informational and does not constitute professional health advice or an endorsement of the resources mentioned.

If you are covered by a HealthTrust medical plan, log in or create an account on [HealthTrust's Secure Enrollee Portal \(SEP\)](#) today!
On the SEP you can find:



- **All the Wellness Tip Sheets** from the HealthTrust Wellness Team.
- **Digital ID Cards** – always on hand when you need them.
- **Secure Message Center** – get help quickly and securely.
- **Expanded Single Sign-On** (depending on your coverage):
 - **Anthem and Delta Dental** – View claims and download your *Explanation of Benefits*.
 - **CVS Caremark** – Manage your prescriptions and request refills.
 - **Onlife Health** – Check your journey dollars, sign up for challenges, do healthy activities.
 - **LifeResources** – EAP resources and COVID-19 support.
- **Newsletters, notifications, forms, program brochures and information**