

# Winter Holiday Wellness



The holidays can be a time of joy, love, friends and family. It can also be a time of year that challenges people for so many reasons. Here are some wellness tips that can help everyone have a better season.

Does gift-giving stress you out? Set a budget and stick to it. Remember that December may also bring other unexpected costs including rising food and entertaining costs. Have honest conversations with your groups about breaking previous traditions that may be too costly.

It is okay to gently say “no” (but thank you!) to invitations to parties and events.

Stick to healthy habits including exercise, eating right and getting a good night’s sleep. [Sign up for the IERHA Wellness Connection Newsletter](#), email [wellness@ierha.ca](mailto:wellness@ierha.ca), or call 1-877-979-93555 to find out about wellness classes in the region.

Add some extra veggie dishes to your traditional holiday meals. Check out the December Budget-Friendly Recipe of the Month in our December newsletter.

Practice self-care when you are feeling overwhelmed . Try relaxation techniques, deep breathing, yoga, [Practicing Gratitude](#), meditation, listening to music, or going for a walk can help to calm an overstimulated mind and body. Take a look at the [Practical Relaxation Series](#). Also, try Box Breathing: breathe in for 4 seconds, hold for 4 seconds, breath out for 4 seconds, hold for 4 seconds, then repeat up to 10 times.

Make sure you drink enough water. If cold water in the morning isn’t your thing, try a slice of lemon or an herbal tea. Avoid or limit caffeine, alcohol, daytime napping and large meals before bed.

Every so often, take a break from your phone or other digital device connect face-to-face with people! Try a new activity!

Keep the germs away by washing your hands! This is one of the best ways to avoid getting sick and spreading common winter illnesses like colds.

Give more than you expect to receive. Help a friend or stranger, volunteer, complement someone, and offer a random act of kindness. The simple things (not always presents) can be the greatest gifts of all.

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