

# Maintain Your **Well-Being** During the Holidays



## Holiday Tips

With family gatherings and special events, the holiday season can be a time for catching up and celebrating with friends and family. It can also be a stressful and demanding time for Sailors, Marines and their families. Using positive coping skills can help you navigate difficult situations and maintain your psychological and emotional well-being during the holidays.

- ◆ **Set Realistic Expectations** There may be changes in your life that impact your regular holiday plans and traditions such as deployment, a change in duty station or a separation or divorce. Acknowledging that the holidays may be different this year and keeping a positive outlook can be helpful in maintaining your well-being during the holidays.
- ◆ **Be Aware and Prepare** Acknowledge and write down what situations or problems create stress or disappointment and may lead to feeling burned out, lonely, or upset. This can help you manage your emotions and navigate your stress. Prepare by problem-solving the issues that you can control and don't focus on those for which you have little or no control. If you find yourself often frustrated about your finances, plan ahead and consider how you can budget. Similarly, if you feel like there are not enough hours in the day to accomplish all your tasks, make a to-do list and prioritize. Accept that you may not be able to complete all tasks.
- ◆ **Ask For Help** Just as important is recognizing early when to ask for help from others to prevent you from becoming overwhelmed and to help you address your challenges in a healthy way. Talk to a trusted friend or family member, a chaplain or health provider. You can also contact Military OneSource at [www.militaryonesource.mil](http://www.militaryonesource.mil), your local Fleet and Family Support Center or your Military and Family Life Consultant (MFLC) for assistance.
- ◆ **Participate in Your Community** Connect and participate in activities with others. It not only makes you feel good, but it can also build your confidence and can help motivate you to identify solutions to difficult situations. Find ways to volunteer alongside your colleagues, your family and your community during the holiday season.
- ◆ **Balance Food and Fitness** While you may tend to eat and drink a bit more during the holiday season, engaging in healthy living by taking care of your body and mind will give you a mental and physical edge to navigate stress. Eating fruits and vegetables, limiting high sugar and high fat items and including lean proteins at meals can help control your hunger and blood glucose levels. Regular exercise can help release muscle tension, burn off some of the extra calories that come from indulging in holiday delights and provide a social outlet if you participate in group exercise classes. Limiting alcohol consumption and avoiding tobacco are also important to healthy living.



For more information, go to NMCPHC Health Promotion and Wellness Navigating Stress webpage: [www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/navigating-stress.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/navigating-stress.aspx)

