



# HOLIDAY SURVIVAL TIPS

Get enough sleep

Be active

Moderate your alcohol consumption

Prioritize relationships that bring you joy

Enjoy your favorite holiday treats in moderation

Practice self-care to manage stress

Delegate - you don't have to do it all

Build in time to recharge

Drink plenty of water

Baby your immune system with immune-boosting foods and supplements (Vit. C, Vit. D, elderberry, probiotics, mushrooms, tea, broccoli, sweet potatoes, and garlic are a few)

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I WISH YOU ALL THE VERY HAPPIEST AND  
HEALTHIEST OF HOLIDAY SEASONS!