



# Holiday Strategies



**Healthy For Life**  
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## Today's Topics

- Sleep strategies
- Time management ideas
- Nutrition
- Physical activity
- Relationships
- Resources



## Sleep Strategies



- Make sleep a priority (this more than anything else).
- Be consistent. Go to bed at the same time, get up at the same time.
- Limit stimulating activities before bed ("screenage," exercise, work).

## Sleep Strategies



- Avoid Nicotine.
- Limit alcohol, food and no caffeine within 4 hours of bed.
- Exercise each day.
- Keep the bedroom for sleeping, try white noise, darken the room, turn down the thermostat.
- Take time for prayer, meditation, stretching, journaling, or another quiet activity that you enjoy for 10 minutes or so right before you get in bed.

## Sleep Strategies

If you can't sleep, don't lay in bed:

- Get up and do a quiet activity, stretch, or take a hot bath. Practice relaxation exercises.
- Try again once you feel relaxed.
- Take time to make a list or write out problems. Sometimes just getting it out of your head and onto a paper will free your mind to sleep.

## Time Management



Make a list and keep it handy.

**List everything that must be done ("must dos") and things that you'd like to do ("could dos").**

- Ask and make plans for help.
- Schedule at least ½ hour between obligations.



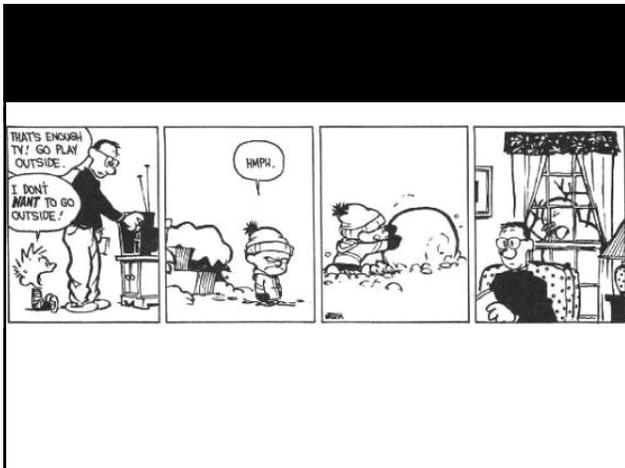
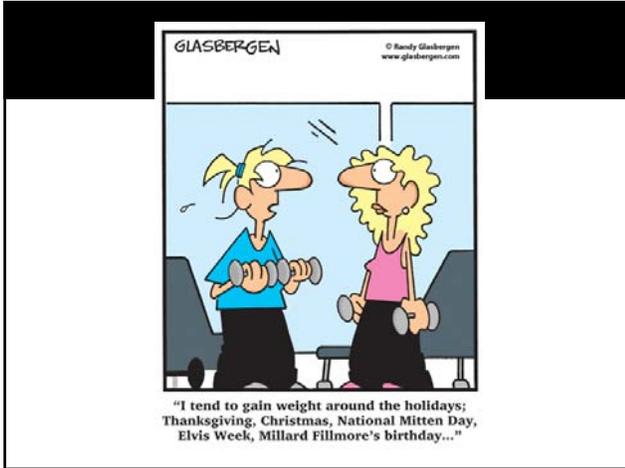
## Time Management

- Make a List, Check it Twice.
- Pay attention. When you notice yourself getting that stress adrenaline rush:
  - Stop! Take a deep breath. Then take 9 more. While you do:
    - Take a mental step back, and see the big picture.
    - Prioritize. What is most important? Focus there.
    - Slow down. One thing at a time. Again, Focus.
  - Begin again.
  - Repeat as necessary.

## Laughter!



SHE'S DOING ALL THE DRIVING. I'M JUST THE ONE BEHIND THE WHEEL!



### Nutrition

- Be prepared for too much food at work, at events, at home.
  - Hydrate!
  - Eat breakfast.
  - Eat regularly.
  - Eat slowly.
  - Eat nutrient-rich foods first.
  - Choose small portions of high-fat and high-sugar foods.
  - Prepare and bring healthy options.

## Healthy Weight Tips

- It's all about priorities.
- Consider maintaining weight as a goal during the holidays.
- Make plans BEFORE you go to events. *Decide it, write it, speak it.*
- Consider a multi-vitamin/fish oil/calcium.
- Don't keep treats in your house all during the next few months!
- Give away the leftovers.



## Alcohol

- 'Tis the season?
- How much? 1 drink for women, 2 drinks for men. How big is a "drink?"
- If you choose to imbibe be aware of the calories! Try choosing the following:
  - A drink instead of dessert
  - Red wine
  - Drinks with real fruit in them.
  - Small sizes
  - OR Seltzer water with a lime

## Physical Activity

- Include some every day.
- *Challenge: take a 10 minute walk each day during holiday weeks.*
- Invite those that you love: friends, family, children, pets, etc.



## Physical Activity

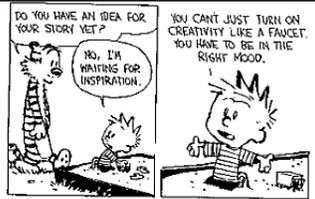
- Make active plans for everyone. Try taking walks, skiing, ice skating, hiking, hunting, sledding, "freeze" tag, wrestling with kids, or just laughing really hard...



*Too slick for walking?  
Try "Yak Traks" for  
added traction.*

## Stress...

- It's how you manage it...
- Stress can be beneficial or detrimental.
- Manage your stress, don't let it manage you!
- Take time for relaxation.
  - Stretch at your desk.
  - Take a yoga class.
  - Cuddle with a pet.



## Relationships



- Be realistic
  - Holidays don't mean that problems suddenly go away or that things become perfect.
  - Think of the logistics: too many people in too small a space for too long. (check out "You Are Your Own Best Advocate.")
- Change focus - Positive
  - Look for a need.
  - Do something for someone else!
- Be conscious of your choices
  - It is not wrong to say "no."
  - What do you NEED?

## 10 Things to Say

From Laurie Puhn, [www.lauriepuhn.com](http://www.lauriepuhn.com), featured in *Real Simple* November 2008

1. **Thank you for your opinion. I'll think about it.**  
The goal is to be polite and end the conversation.
2. **Is this a good time for you?** When you want someone's full attention. If no, "When would be a better time?"
3. **Would you like my thoughts?** Good for spouses, children, siblings, friends, co-workers...if they say yes, proceed. If they say no, button your lip!
4. **Why don't we get the facts?** Don't argue about easily resolved things! (Refrain from saying "I told you so.") ©
5. **I need your help. Can you please...?** People are not mind-readers, and you don't need to do all the work!

## 10 Things to Say

6. **Let's wait on this until we have more information.** Good for the "what if" and future plans conversations that turn into arguments.
7. **What did you mean by that?** Things are often not meant the way they come across. Before getting insulted, ask (nicely).
8. **I don't like that, why don't we do this instead?** When making plans or dividing up tasks.
9. **I'm sorry you're upset** This provides a compassionate way to avoid saying "I told you so," or "that was dumb!"
10. **Let me get back to you.** This is a great way to give yourself time to think if you can actually do what is being asked of you and design a polite way to get out of it if you can't. **BE SURE TO GET BACK TO THEM!**

## Resources

- Healthy For Life Employee Wellness Program
  - Counseling
  - Health Coaching
  - Tobacco Cessation
  - Diabetes Management
  - Resources for Self-Monitoring
  - Reliable Health Web Sites
- [www.benefits.mt.gov/wellness.mcp](http://www.benefits.mt.gov/wellness.mcp)
- Maintain Don't Gain Holiday Challenge:  
<http://www.myeatsmarmovemore.com/HolidayChallenge/index.html>



## Summary



1. Sleep is the #1 priority.
2. Make a list of things your must dos, and want-to dos. Discard "should-do's."
3. PRE-plan. Write it down, speak it out loud.
4. Physical activity is key. This is YOU time.
5. Ask for help when you need it!

## Time to Share

- What is your best suggestion for saving time and/or having fun during the holiday season?
- <http://mtdpp.blogspot.com/2011/09/survival-for-season-of-food-temptations.html>



## Thank you!

NOTHING EVER CHANGES.  
IT'S JUST WORK,  
WORK, WORK.



BUT NOT  
TODAY.



TODAY, I  
GO FOR  
THE GUSTO.



I THINK YOU  
SHOULD ASK  
YOUR MOM IF  
IT'S OK.

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