HEALTH AND WELLNESS DURING THE HOLIDAYS

**Calm your carb cravings**

Maintaining a healthy eating routine can be difficult during the holidays. However, there are a few easy ways to calm your carb cravings for foods like cookies and candy.

For instance, eating low-fat healthy snacks throughout the day can prevent consuming carb-loaded sweets and desserts. Read more [HERE](#).

**Winter workouts**

COVID-19 has created unique challenges for exercising. However, there are great at-home workout options to do during the holidays that will also keep you safe.

Workout routines or videos online are wonderful resources. Read more [HERE](#).

**Prevent the winter blues**

Practicing meditation and other relaxation techniques are great ways to promote mental health hygiene. Read more [HERE](#).

REDUCE THE SPREAD OF COVID-19 DURING THE HOLIDAYS

More information on how to keep you and your family safe [HERE](#)

As many begin to think about the holidays and making plans with family and friends, Work Well has information on CDC guidelines for holiday gatherings and ways to reduce the spread of COVID-19.

**Hosting a holiday gathering:**
- Host activities with only people from your local area
- Limit the number of attendees
- Encourage attendees to bring supplies to help you and other stay healthy (e.g. masks and hand sanitizer)
- Consider asking all guests to strictly avoid contact with people outside of their household 14 days before the gathering

**Attending a holiday gathering:**
- Bring supplies to help you and other stay healthy (e.g. masks and hand sanitizer)
- Consider strictly avoiding contact with people outside of your household 14 days before the gathering

**Traveling for the holidays:**
- Wear a mask in public settings to protect yourself and others
- Avoid close contact by staying at least 6 feet apart from anyone who is not from your household
- Wash your hands often or use hand sanitizer
- Avoid touching your eyes, nose, and mouth

**After the celebration:**
- Stay home as long as possible
- Avoid being around people at an increased risk for severe illness from COVID-19
- Consider getting tested for COVID-19