

# Working Well in South Dakota

## Have a Healthy Holiday Season

### Balancing Work, Home and Holidays



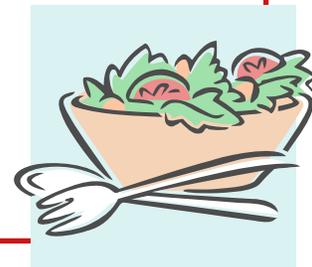
Maintaining a healthy balance between work and home can be especially difficult during the holiday season. To get the most enjoyment out of the holidays while still satisfying demands of work, keep the following in mind:

- **Stay organized**—get things done as soon as they come up— don't procrastinate.
- **Plan ahead**—try and have presents bought before the rush and stress of the season begins.
- **Continue to make time for exercise, sleep, and relaxation**— pencil time into your day-timer if necessary.
- **Prioritize**— take care of the most important family/work tasks, recognize that you can't do everything and be happy with what you can accomplish.

### Healthy Holiday Eating

Here are some tips to survive holiday gatherings at work and at home:

- Don't try and diet during the holidays.
- Pace, don't race— pay attention to how quickly you eat and exactly what you eat and drink.
- Alcoholic drinks are packed with calories— enjoy in moderation.
- Offer to bring a lower-fat dish to holiday parties, so you know there will be at least one healthy item available.
- Stand far from the food table so you are not tempted to nibble constantly.
- Continue with regular physical activity during the holiday season.
- Don't go to a party on an empty stomach— have a snack before going out.
- Keep an eye on portion sizes.



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