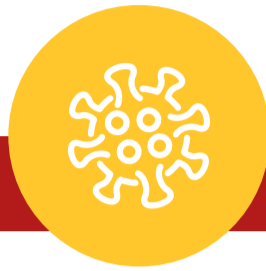




Weill Cornell Medicine

Reduce Stress and Health Risks This Holiday Season



The holiday season can be stressful, especially with a triple epidemic of flu, RSV and COVID-19 upon us. Follow these tips to reduce stress and stay healthy this winter.

Reduce Your Stress

Plan ahead. If you're staying at home or traveling, make sure you have everything you need well in advance to avoid last-minute rushing.

Practice mindfulness and meditation.

Say "no" when you need to. Don't feel like you have to attend every holiday party or event. Make sure you have downtime that's just for you.



Take care of yourself. Just because it's the holidays doesn't mean you have a free pass on your health. Make sure you're getting enough physical activity, eating a healthy diet (among the holiday treats) and getting enough sleep.

Talk with a professional. If you're feeling depressed, make an appointment with a mental health provider. It's okay to seek help.

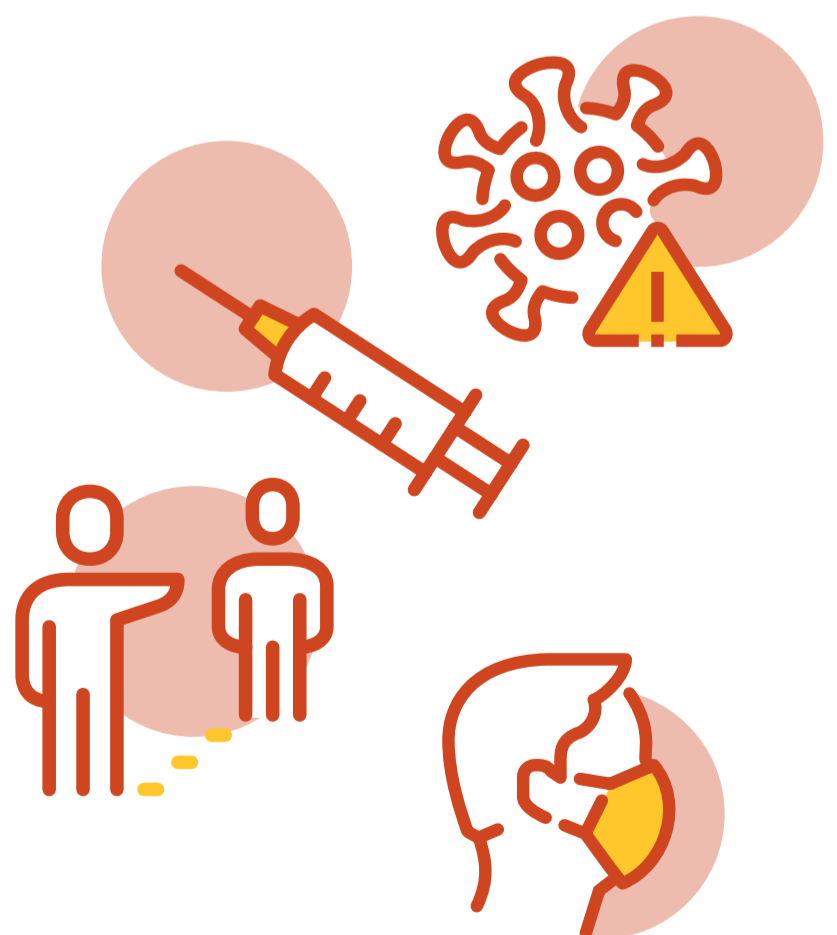
Cut Down on Health Risk

Quarantine if you test positive for COVID-19, flu, RSV or other sicknesses.

Stay up to date on your vaccinations. If you need a COVID-19 booster or flu vaccination, make an appointment to get one.

Move celebrations outdoors or to larger ventilated areas when possible.

Wear a mask when in high-traffic spaces, such as airports, stores or public transportation.



Consult your provider about any winter health concerns you may have. Find a provider at weillcornell.org/doctors



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