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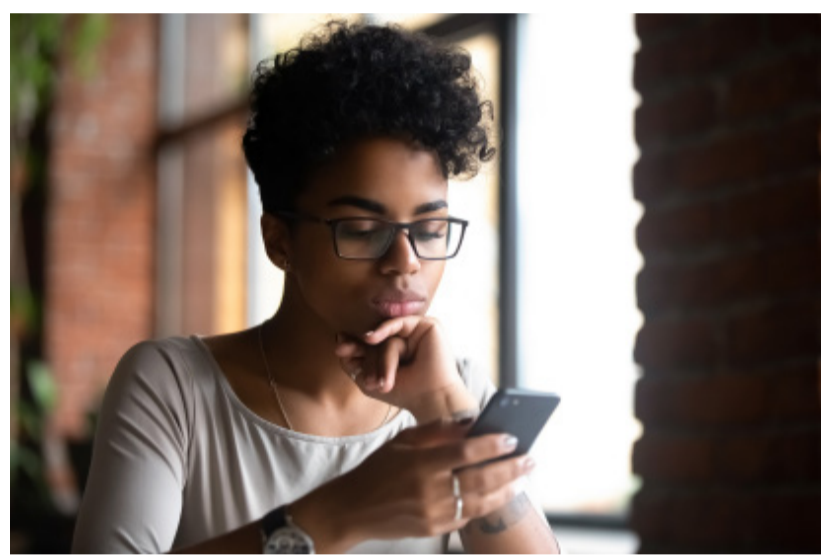
Healthy Ways to Cope With Stress During the Holidays



Holidays are stressful at the best of times. But with the ongoing COVID-19 pandemic, the exhaustion and anxiety are even worse. This winter season, remember to:

▼ **Realize your feelings are normal, even if the times aren't.**

Be mindful and present as you keep a balanced outlook. No matter what you see on social media, everyone is dealing with worries and stresses.



▼ **Eat your veggies, exercise and sip the wine.**

Overindulging in unhealthy habits can lead to stress. Enjoy holiday treats with a relaxing drink, but remember to eat and drink in moderation—and don't forget to exercise!

▼ **Talk with your kids.**

It's good parenting to listen to your children talk about their own stress.



▼ **Practice gratitude.**

Focus on the things you are thankful for—like vaccines—and try not to dwell on things you might be missing out on due to the pandemic.

▼ **Encourage generosity.**

Donating to charity, collecting goods for a food bank or buying gifts for less fortunate families can be a great family activity that also boosts your sense of well-being.



▼ **Say no.**

Don't feel like you have to attend every event you are invited to just because they were canceled last year.

▼ **Acknowledge losses.**

Millions of families have lost loved ones due to the pandemic. It's OK to grieve, and it's also OK to skip traditions that make you sad because you miss your loved one.



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