

# Keep Your Spirits Up *During the Holidays*

The holidays should be a cheerful time, but they can be stressful, too. If you get overwhelmed feeling like everything has to be perfect this time of year, take a deep breath and follow these tips to stay calm and jolly:

## ***Set realistic expectations***

You don't need to find the perfect gift or to cook a gourmet meal.

## ***Plan for longer lines, more traffic & fewer parking spots***

Consider shopping online or at non-peak hours.

## ***Keep your regular routines***

Try not to let your healthy habits slide.

## ***Make time for self-care***

Take a hot bath, sip some tea, have an at-home facial or whatever it is that makes you feel relaxed.

## ***Connect with loved ones***

Make time for the people who matter to you, whether it be a neighbor, coworker or family member.

During this holiday season, try out the Sharecare App to manage your stress and anxiety. For more information, visit [mycare.sharecare.com](https://mycare.sharecare.com).

