

# PEPPERDINE

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### □ Set your priorities for the holiday season:

- Before you get overwhelmed by too many activities, it's important to decide what traditions offer the most positive impact and eliminate superfluous activities.
  - For example, if you usually become overwhelmed by a flurry of baking, caroling, shopping, sending cards, visiting relatives and other activities that leave you exhausted by January, you may want to **examine your priorities**, pick a few favorite activities and really enjoy them, while skipping the rest.

### □ Develop an Eating Plan to Prevent Weight Gain:

- An often unrecognized problem that comes with the holiday season is actually a by-product of the seasons changing from fall to winter. As daylight diminishes and the weather causes many of us to spend more time indoors, many people are affected to some degree the disorder.

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# THRIVE

WELLNESS PROGRAM

## Helpful Resources

- University Health's *Tips to manage holiday stress*
- Mayo Clinic's: *Stress, depression, and the holidays: Tips for coping*
- Johns Hopkins Medicine's *4 Mindful Tips to De-Stress This Holiday Season*
- Human Resources' *Wellness Webinar Collection*

## Contact Information

- Health Advocate  
(866) 799-2728  
[www.myhealthadvocate.pepperdine.edu](http://www.myhealthadvocate.pepperdine.edu)
- Human Resources  
**Thrive Wellness Program**  
(310) 506-4190  
[community.pepperdine.edu/hr/wellness](http://community.pepperdine.edu/hr/wellness)