**December – Healthy Holiday Behaviors**

**Subject:** Have a Healthy and Mindful Holiday Season

As we enter the holiday season, it’s easy to get caught up in the hustle and bustle. While this time of year is filled with joy and celebration, it’s also important to prioritize your health and well-being. This December, we’re focusing on healthy holiday behaviors and how to enjoy a mindful holiday.

* **Practice Portion Control**  
  With holiday treats and big meals all around, it’s easy to overeat. Focus on enjoying your favorite holiday foods in moderation and listen to your body’s hunger and fullness signals.
* **Stay Active**  
  Don’t let the busy holiday season stop you from staying active. Take a brisk walk after meals, participate in holiday-themed fitness events, or enjoy winter activities like ice skating or skiing.
* **Get Plenty of Sleep**  
  Late-night celebrations can interfere with your sleep schedule. Try to maintain a regular sleep routine and aim for 7-9 hours of sleep each night to stay energized throughout the season.
* **Be Present**  
  The holiday season can feel overwhelming, but practicing mindfulness can help you stay grounded. Focus on being present during gatherings with loved ones and savoring each moment.
* **Manage Holiday Stress**  
  The holidays can bring added stress. Practice deep breathing, meditation, or take a few moments each day to step away from the holiday rush to recharge. It’s also an important time of year to manage your energy and set boundaries for yourself.
* **Set Realistic Expectations**  
  It’s easy to feel pressured to make everything perfect. Give yourself permission to set realistic expectations and prioritize what’s most meaningful to you during the season.

**Prioritize Your Mental Health**

If you’re feeling overwhelmed, don’t hesitate to reach out for support, prioritizing your mental well-being is key to enjoying a happy, healthy holiday.

*Optional Section for EAP or Community Resources*

Remember that [Company’s Employee Assistance Program (EAP)] is here to help. The EAP provides free, confidential counseling services and resources for mental health support. You can reach out to [EAP provider name] at [phone number/website] for more information.

For additional resources, you can also explore local and community services such as [list any local mental health hotlines, apps, or community support services].

This December, make time for self-care, focus on what matters most, and enjoy a mindful, healthy holiday season!