

# Managing Holiday Stress

**The holidays can be stressful—and stress can impact your safety, focus, and overall well-being. Stay on track with a few simple habits.**

## Nourish Yourself

Make healthier food choices with support from others. Stay consistent—don't skip meals. Fuel yourself with vegetables, fruits, and protein. Be selective with treats; savor only what you love.

## Strengthen Your Body

Exercise is a powerful stress-buster. Try holiday-themed activities, add extra steps while shopping, embrace winter weather, or incorporate resistance exercises at home.

## Soothe Your Mind

Practice deep breathing to calm your body. Share laughter and joy. Find stress management practices that work for you. Remember: slip-ups happen. Be kind to yourself.

## Ground in the Now

Trust yourself—you're in control. Be present in each moment. Reframe negative thoughts: "This is more than I can handle" becomes "I'll give it my best shot."

**LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!**

**Ulliance**  
Enhancing People. Improving Business.

Contact Ulliance—they're here to help!  
Call 800.448.8326 or click [LifeAdvisorEAP.com](http://LifeAdvisorEAP.com).  
This confidential service is FREE for  
Fabiano Brothers employees and their families.

