

# Healthy Holiday Challenge

Stress less this holiday season by participating in this challenge that helps with your overall well-being. Complete and cross off as many of the suggestions below as you can, or create some of your own.

Write down ten things you're grateful for, and post them in your workspace.	Politely decline an invitation to an event that causes you stress.	Volunteer at a food pantry, animal shelter or organization of your choice.	Run or walk one mile, or extra mile, on as many days as possible until the end of the year.	Stop before reacting to something stressful. Ask yourself how much it will matter in the future.
Mindfully eat your lunch away from your desk. If time allows, go for a ten-minute walk.	Set your timer for one minute, and march or jog in place.	Take ten slow, deep breaths two times throughout your day.	Leave your workspace twice to go for a brief walk.	Plan for and pack healthy snacks to eat between meals.
Schedule 30 minutes of exercise into your calendar three to five days per week.	Write a thank you note to someone who has touched your life.	Create a realistic gift-giving budget.	Drink only water or a no-calorie beverage today. Aim for eight eight-ounce glasses.	Listen to your favorite music to help calm or energize you.
Check your sleep pattern to ensure you're getting enough.	Perform one random but intentional act of kindness.	Turn off all electronics two hours before you plan to go to bed.	Gather canned goods and non-perishables and donate them to a local food bank.	Use only the stairs today or get up and move for five minutes every couple of hours whenever possible.

## Other activities:

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