



HealthAdvocate™
member
newsletter

How to stay healthy during the holidays

The holiday season is upon us! There will be so much to do over the next few weeks. Don't let your health fall by the wayside as you prepare for your celebrations. Read on to learn tips to help you eat well, stay active, reduce stress and be healthy throughout the holiday season.

[Find out more >>](#)



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Letting go of perfectionism during the holidays

It's the most wonderful time of the year, right? But if you're putting a ton of time and energy into having the perfect holiday, it's probably not so wonderful. Focusing on perfection instead of simply enjoying the season can put a huge damper on your holiday happiness. Below, check out our top tips for letting go of perfectionism during the holidays to help you have the best possible time with your family, friends, and loved ones.

[Learn how >>](#)



Have a mindful holiday

During the holiday season, the family gatherings, gift buying, decorating and flurry of other seasonal activities can leave you feeling a bit blue and drained of any drop of jolliness. By using the basic principles of mindfulness-which is about staying grounded, aware and focused on the moment-can keep you from feeling overwhelmed, helping you reconnect with the joys that this season can bring. Put another way, mindfulness can help you become more resilient by developing inner resources to meet the stressors in life. Sitting and meditating or focusing on slow, deep breathing are just two notable ways to help you achieve mindfulness. But there are many other simple ways to be mindful. Read on for more examples.

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Safe Toys and Gifts Month

Read: Important information on ways to ensure gifts and toys are safe for children.

[Click here >>](#)